

## Pre-Operative Instructions

### Six Weeks Before Surgery

- *Discontinue Smoking.* Tobacco, cigarettes and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise discontinuing these products more than 6 weeks prior to surgery.

### Three Weeks Before Surgery

- *Schedule Medical Evaluation and Clearance.* Make a visit to your primary care doctor to complete your medical evaluation and laboratory testing, if requested. Please ensure any preoperative requests are completed 2 weeks before surgery.
- *Work and Recovery Arrangements.* Make any arrangements to be off from work or other strenuous activities while you are recovering from surgery. Have extra help available, particularly if caring for small children.

### Two Weeks before Surgery

- *Pre-Surgery Appointment.* You will come in for your pre-op appointment where you will review the surgery plan with Dr. Cho and go over logistical surgery details with your patient care coordinator. Bring your questions as well as any individuals that will be part of your support and healing.
- *Diet/Supplement Restrictions.* Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medications.
- *Begin Taking a Multivitamin Daily.*
- *Diet.* Eat a well-balanced diet of protein and high fiber (fresh fruits, vegetables and whole wheat).

### One Week Before Surgery

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from surgery and who will stay with you for at least 24 hours after surgery.
- *Schedule and obtain your PCR Covid Test.* Please ensure that we receive the results within 2 days of your procedure.

## Night Before surgery

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELED. If prescribed, take medications after dinner.
- *Set Up Home Recovery Area.* This may include pillows, blankets and anything else to assist with a comfortable recovery.
- *Bathing.* You can shower but do not apply lotion, perfume, make-up or hair products, etc. Shower using an antibacterial soap (ie Safeguard, Dial)
- *Relax.* Stay calm and get plenty of rest to avoid stress.

## Morning of Surgery

- Shower with antibacterial soap and take medication as instructed
- Arrive for surgery completely clean, no hairspray, make-up, deodorant, lotions, etc.
- Do not bring any valuables to surgery.
- Do not wear anything containing metal, no earrings, piercings or other metal jewelry
- If you wear contact lenses, bring glasses for signing consents
- Wear comfortable loose clothing, something that buttons or zips up to the front. You do not want to pull over your head. Loose comfortable bottoms and non-slip shoes.
- Bring your prescriptions with you to the surgery center.
- Have a responsible adult available for discharge instructions, and be prepared to drive you home.

## Post-Op Instructions: Facelift

Call the office immediately if you have:

- A temperature of 101 or greater
- Redness that's beginning to spread away from the incision site
- Any unusual painful swelling
- Any active bleeding saturating more than a 4x4 gauze
- Any purulent (pus) drainage coming from the incision site
- Pain that is not relieved by your pain medication

Activity:

Do not operate a motor vehicle:

- Until you can safely turn your head without putting a strain on your incision. Your neck and shoulders should turn as one, usually 3-4 weeks after surgery.
- Within 24 hours of taking prescribed pain medication

Keep your head elevated on 2-3 pillows for the first 2 weeks. Apply cold compresses (clean wash cloths or gauzes soaked in ice water and wring out) to your eyes and cheeks for 20 minutes every 2 hours for the first 24-48 hours. This is to minimize your swelling and bruising. It also soothes facial tissue.

Do not lie on either side. Do not twist or turn your head or neck. Do not wear any top that fits snugly over your head. Do not wear any earrings that dangle and pull your earlobes down for 4 weeks.

Avoid any strenuous activities or heavy lifting for 4 weeks. Avoid bending down and picking up heavy objects for 4 weeks. No straining.

Avoid any excessive facial movements, such as smiling, chewing, talking, sucking on straws, or yawning for the first 7 days. Eat soft, low sodium food.

Do not bump, stretch, or rub your face or eyes for the first 3-4 weeks. You may wash your face lightly 2 days after surgery using a mild cleanser, such as Cerave or Cetaphil and water. Pat dry.

You may wash your hair lightly after your bandage dressing is removed, usually 48-72 hours after surgery using a mild shampoo and water.

Temporary numbness around your temple, eyes, ears, and neck is normal. Moderate itching near the incisions is normal.

Do not use makeup for the first 7 days. After that you may wear it but avoid applying it along the suture line.

Keep your dressings dry. Your initial dressings will be removed in 24 hours. A new dressing will be reapplied. You can remove the new dressing in 24-48 hours.

Avoid direct sunlight to your incision. After the incision has healed (usually 3-4 weeks) you can apply sunblock.

## Medication

- *Pain.* You will be prescribed pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcomed to take Tylenol in place of the prescribed medication. Do not take the Tylenol with the pain medication, as most often the pain medication you are prescribed will have Tylenol in it. Do not exceed 4,000 mg of Tylenol in any 24-hour period. Take medication with food to minimize risk of nausea.
- Take your prescribed medications as ordered. Take your antibiotics until they are all gone.
- *Nausea.* If you are experiencing nausea, which is common after general anesthesia or strong pain medications, we advise that you take your nausea medication.
- *Constipation.* You will experience constipation if taking narcotic pain relievers. Miralax or other over the counter laxatives are recommended. Do not wait to take until you are constipated. Begin treatment with narcotic use.
- *Medications to avoid.* Take only those medications approved or prescribed by Dr. Cho for your procedure. Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen) for two weeks before and after surgery. These medications may increase bleeding.
- *Substances to avoid.* Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

## Nutrition

- *Hydration.* Stay hydrated by drinking 8-10 glasses of water a day. Drink clear liquids
- *Diet.* Start out bland and advance as tolerated. Start with soft foods and cut pieces of food into small pieces. Get plenty of protein and high fiber. Avoid hard or chewy foods. Avoid any excessive facial movements, chewing, talking, or yawning for the first 10 days.

Please note:

-If you have nausea, vomiting, rash, shortness of breath, constipation or diarrhea after taking your medications, please call our office.

-If you develop a fever (oral temperature greater than 101), redness and/or increased pain at the surgical incision sites, please call the office immediately at (281)404-5454.

## GENERAL EXPECTATIONS

It is normal to experience discomfort after surgery, you will be provided with prescriptions to help manage discomfort. If you develop pain that does not respond to the prescriptions provided please contact our office.

It is normal to observe bruising and swelling of the face and neck after facial surgery. You can take arnica to help with this. These symptoms can last up to 3-4 weeks post operatively.

It is normal to have weeping/drainage from surgical excisions up to 72 hours post operatively. This drainage may be bloody, punch-like (pinkish) or yellowish in color. If you develop foul smelling or thick cottage cheese like drainage, please contact our office.

You may drive 5-10 days post operatively, if you are no longer taking prescription narcotics for pain management.

All surgeries are associated with some degree of scarring. It takes a scar a minimum of one year to mature.

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Patient Signature

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Date

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Witness

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Date

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