

## PREOPERATIVE AND POSTOPERATIVE INSTRUCTIONS: **FACELIFT**

### **Before Surgery**

**Optional** - Start Arnica Montana five days before your surgery. Take with meals and continue for five days after surgery.

**REMEMBER:** No blood thinning agents for two weeks before surgery.

1. Nothing to eat or drink after midnight and the night before surgery.
2. Bathe or shower the night before or the morning of the surgery. Thoroughly wash your face and hair but do not use any lotions, gels, rinses or hair spray.
3. Do not apply any makeup or any cosmetics to your face.
4. If you color your hair, do it the week the week BEFORE surgery or you must wait up to six weeks AFTER surgery.
5. Leave all your valuables at home.
6. Wear comfortable clothing and something that buttons or zips up in the front.
7. You must have someone to drive you home or over to the recovery center after your surgery if you are spending the night there.
8. Bring your prescriptions with you to the surgery center in a plastic bag with your name and date written on the bag.
9. Allow adequate travel time to arrive at the surgery center on time.

### **After Surgery**

1. Always eat something (toast, crackers, applesauce, yogurt or jello) before you take your medications, especially before taking your first dose.
2. Sleep with your upper body elevated, either in a recliner or with pillows stacked to achieve this position. Your head must be higher than your heart. Make every effort to sleep on your back for the first week, thus keeping pressure off the incision sites.
3. Take your medications as directed to allow them to effectively control pain and prevent infection.
4. DO NOT bend over to put on shoes or pick up objects.
5. DO NOT shampoo your hair until instructed by Dr. Gardner. Usually you will have to wait 48 to 72 hours after surgery.
6. DO NOT take hot baths or showers. Heat induces bleeding and can complicate healing.
7. DO NOT ice your incisions.
8. Cleanse your face with Cetaphil cleanser and do not use makeup until you are given approval to do so.
9. Don't spend time looking in the mirror right after surgery. Your best results will come in the weeks ahead.
10. Dr. Gardner will see you the day after surgery to remove the large head dressing.
11. Wear the facelift support as instructed by Dr. Gardner.
12. Contact the office if any of the following develops: Undo swelling, redness, yellow drainage at surgical site or bleeding that will not stop even when pressure is applied.