

PRE-SURGERY INSTRUCTIONS: FACELIFT

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. This is essential to your health and safety.

- **Practice proper skincare.** Practicing good skincare is an important factor in your overall appearance and the quality of your skin. This includes gentle cleansing morning and evening, proper moisture and daily use of a broad spectrum sunscreen, whether you are expecting outdoor sun exposure, or just the incidental exposure of daily life. Proper skincare is also important to help you maintain your results.
- **Good nutrition:** Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and well-being. A healthy, balanced diet is essential.
- **Stop smoking:** Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 4 weeks prior to surgery. You must also be free of any nicotine patch or nicotine-based products for a minimum of 4 weeks prior to surgery.
- **Lead a healthy lifestyle.** In the weeks prior to surgery maintain the best of health and hygiene. A lingering cold, virus or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health.
- **Prepare and plan:** Schedule any time off of work, and any support you will need at home in the days following surgery, including housework, childcare, shopping and driving. Make certain a responsible adult is enlisted and confirmed to drive you to and from surgery, and that one is confirmed to stay with you around the clock for 24 hours, at least, following surgery.
- **Find your comfort zone.** Locate the most comfortable place where you can gently recline and recover. You don't want to be testing locations or pillows the day of surgery. Shop for magazines, books and other things to keep you busy and entertained during the day or two following surgery.
- **Pre-operative testing.** Make certain to schedule all of the pre-operative testing and clearance you have been given.
- **Relax and enjoy life.** Stress and anxiety over life's daily events, and even your planned surgery can affect you. While some anxiety is common, any serious stress, or distress over the thought of the procedure is something you must discuss with our office. We are here to support you and answer all of your questions. We want your decision to be one made with confidence. Call our office with any unusual anxiety or concerns. Get plenty of rest. If you have trouble sleeping, call our office.
- **Schedule your hair care:** you may not color or perm your hair in the 4-6 weeks following surgery. So be certain to schedule these services before surgery.
- **Fill your prescriptions.** Some prescriptions will need to be filled before the surgery. Our office will advise you accordingly. Your prescriptions include pain medication and an antibiotic.

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- **STOP taking the following for the duration before your surgery. Taking any of the following can increase your risk of bleeding and other complications:**

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| <input type="checkbox"/> Aspirin and medications containing aspirin | <input type="checkbox"/> Garlic Supplements |
| <input type="checkbox"/> Ibuprofen and anti-inflammatory agents | <input type="checkbox"/> Green Tea or green tea extracts |
| <input type="checkbox"/> Vitamin E | <input type="checkbox"/> Estrogen supplements |
| <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> All other medications indicated |

- **Please bring the following items with you on the day of surgery:**

- Your insurance card
- Your identification (driver's license)
- Eyeglasses (no contacts)

- **Shower as directed.** Use an anti-bacterial, fragrance-free soap. Shampoo your hair. Do not use any hair gel or other styling products, scented skin creams or moisturizers. Do not use any hair spray, gel, perfume or cosmetics
- **Do not eat or drink anything after 12 pm.** No candy, gum or mints. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery.
- **Dress appropriately.**
 - **Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, body piercing:**. (If there is something you cannot remove, let the admitting nurse know right away.)
 - **Wear comfortable, clean, loose-fitting clothing.** Wear only a top that zips or buttons up the front. Do not wear pullovers, turtlenecks, or any tight-fitting top or bottom. You may wear a robe. Wear slip on shoes. Wear clean cotton socks, as the operating room can feel cool.