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***\*PLEASE BRING THIS PACKET WITH YOU ON THE DAY OF SURGERY\****

**Cosmetic Facelift Pre and Post Operation Instructions**

 These instructions should be carefully read and followed. They are designed to answer the most commonly asked questions regarding post-operative care.

**BEFORE SURGERY:**

* Minimize aspirin, Motrin, Ibuprofen, Advil, Nuprin or any other anti-inflammatory medicine for one week before and one week after surgery. Tylenol is permitted at any time.
* If you take Coumadin or other blood thinners please discuss this with your surgeon.
* Please do not eat or drink anything after midnight the night before surgery, but you may take any prescription medicines the morning of surgery with a sip of water.
* The hospital or surgical center will call you the day before with time and instructions for surgery.
* Please make arrangements for a ride to and from the hospital, as you will not be able to drive after the procedure.

**AFTER SURGERY:**

 **ACTIVITY**

* Limit your activity sharply over the first week following surgery. **Avoid bending, lifting, pulling, pushing, straining and aerobic activities for 3 weeks.**
* You are encouraged to walk around the house on the day of surgery and thereafter. This helps to prevent blood clots from develop in the legs. Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
* When you rest or sleep, keep your head elevated 2-3 pillows and avoid turning of your side. If you overexert yourself, bleeding or prolonged swelling may result.
* You may begin to return to regular exercise 3 weeks after surgery. Ease into this, gradually increasing your exercise level back to normal by 5-6 weeks from surgery.
* Take deep breaths often when you get home for the first 24 hours after surgery. This helps to expand the base of your lungs.

**ORAL INTAKE:**

* Drink plenty of fluids following surgery, as dehydration can contribute to nausea and pain.
* Alcohol consumption should also be limited as this may raise the blood pressure and initiate bleeding. Do not drink alcohol during the first week.
* You may want to avoid foods that require much chewing, such as steak. Soft foods may be easier to eat. Good examples of soft foods include mac and cheese, applesauce and mashed potatoes.
* Small amounts of food 20 minutes before taking postoperative medications (especially pain medications and/or antibiotics) can prevent nausea.
* if you vomit or feel nauseated, you should delay food and pain medications until the nausea passes.
* Take only 2-3 ounces of clear liquids at hourly intervals until the nausea subsides. If this symptom persists, call for anti-nausea medications, as subsequent vomiting may be harmful and lead to complications.

**BATHING:**

* Following surgery, you may bathe, but do not submerge your head in the water.
* Please do not shampoo your hair until directed by the doctor.

**PAIN, SWELLING, BRUISING, INFECTION:**

* We will prescribe medications to you to help manage your discomfort after the procedure, please take these medications as directed.
* It is unusual to have significant pain after aging face procedure. If the prescribed medication does not control pain, please report this to us. There is discomfort, of course, but remember that this will quickly pass.
* Some swelling and bruising is to be expected. Bruising can be treated with Arnica, an herbal supplement that can be found at any drugstore. Swelling and bruising is maximal at 48 hours post-surgery and gradually subsides over the following 10-14 days.
* Infection is also unusual. Fever, localized swelling with redness and tenderness may signify a developing infection and should be reported. Appropriate treatment will be initiated.
* Your final results will occur between 6-12 months.

**INCISIONAL CARE:**

* Keep your initial dressings dry. We will remove your dressing on the first day after surgery.
* You will be instructed about caring for your drain at your preoperative visit. Please empty this if needed, and record the amount.
* Ice packs should be used within the first 48 hours after surgery to help with swelling. Apply ice for 15- 20 minutes out of each hour while awake. Be sure they are lightweight. Never apply ice directly to the skin. Dipping gauze pads into iced water works well.
* Clean incisions around your ears and under your chin with peroxide, then apply polysporin ointment twice a day.

 **OTHER COMMON INSTRUCTIONS AFTER SURGERY**

* A responsible adult must provide transportation for you after surgery (public transportation is not permissible) and remain with you until the morning following the procedure. If you are having several procedures, you may need assistance for 1-2 days following your procedure.
* You will need to arrange transportation for your appointment at our office on the day following surgery. Do not drive for 24 hours after surgery or anytime that you are taking pain medications.
* Avoid making major decisions or participating in activities requiring judgment for 24 hours after surgery.
* Smoking should be strictly avoided as it interferes with the blood supply to the healing tissues and slows subsequent healing. .
* Avoid excess sunlight to the incisions for at least a year. Even mild sunburn may cause prolonged swelling or irritation of the healing incisions. Use sunscreen with zinc oxide and SPF 30 or greater to help decrease the visibility of the scar.
* Do not compare your progress with that of other patients. Remember that everyone’s healing process is unique. Also, if you have any questions or concerns, call us.

**CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:**

* Fever of 101 degrees F or greater.
* Pain not relieved with pain medication.
* Swelling, redness, bleeding, and/or foul drainage from incision area.
* Persistent nausea and/or vomiting.
* Any other concerns.

Please call Dr. Gale at **801-328-2522 extension 1409** if you have any questions, problems, or concerns.