

PRE AND POSTOPERATIVE INSTRUCTIONS FOR FACE LIFT SURGERY

ADVANCE PREPARATION FOR YOUR SURGERY

Make sure all your questions have been answered in advance and that you understand your surgery completely.

You will need to arrange for someone to pick you up following your surgery. Please ensure that this person is available at any time during the day to pick you up. In addition, you will need to arrange for someone to stay with you for a few days. This is necessary because the anaesthetic medications you have been given will make you drowsy and possibly nauseated. Furthermore, the first night after surgery, you will have a large dressing on your head, which will restrict movement and your ability to change clothing.

Postoperatively, you may wish to avoid being in public and you will have to avoid strenuous activity. Therefore, you need to arrange time off work for approximately 3 weeks.

PRIOR TO YOUR SURGERY

ASPIRIN AND PAIN RELIEVERS – Several common pain relievers including Advil affect how blood clots. There are about 24 such medicines and they are over the counter. Avoid products containing ASA for a period of 2 weeks before surgery. The purpose of this is to avoid the bleeding tendency which ASA causes.

VITAMIN E – Avoid large doses of Vitamin E for 2 weeks before surgery to avoid potential delayed healing.

SMOKING – Stop smoking preoperatively for 4 weeks. Nicotine is a well known constrictor of blood vessels and can be the direct cause of poor healing and even death of skin after surgery.

For a period of 2 days prior to your surgery, thoroughly cleanse your face twice daily for 5 minutes each time using Chlorhexidine based antibacterial cleanser (Dexidin 4). This may be purchased at any drug store without a prescription. Make up may be applied between these cleansings.