



Carmel Valley Facial Plastic Surgery

Amir Karam MD **Face lift Instructions**

Pre - Operative

PREPARING FOR YOUR SURGERY

- Two weeks before and one week after surgery: Do not take aspirin or ibuprofen products. Tylenol may be used at any time.
- Two weeks before to surgery and two weeks after surgery: do not smoke. Even one puff can cause constriction of the blood vessels and irreversibly injure the healing process.
- Two days before surgery: wash your face and neck with technicare solution.
- Make arrangements for someone to pick you up after surgery and stay with you the first night. Avoid excessive chewing for two days. Plan to stay home and rest for three to five days. Plan on having milkshakes and smoothies.

THE NIGHT BEFORE SURGERY

- Shower and shampoo with technicare solution.
- Have nothing to eat or drink after midnight.

THE MORNING OF SURGERY

- Shower and shampoo with Technicare solution.
- Do not wear make-up of any kind. Bring large sunglasses and a broad brimmed hat.
- Wear loose, comfortable clothing that opens in the front.
- Leave valuables at home. Do not wear any jewelry.
- Make arrangements for a responsible adult to pick you up from the Surgery Center and stay with you through the night. We will give them simple instructions for your care. This is absolutely necessary.

Post Operative

- Remember you post operative appointment the NEXT DAY. Leave bandages on for 24 hours.
- On the day of surgery: you may get up to eat meals, watch TV, or go to bathroom. You may not drive the day of surgery. Do not drink alcohol for one week. A high protein, low carbohydrate diet is best for several days.
- Rest with head and shoulders elevated on two or three pillows.
- The dressing around your face will be removed in one or two days. Sometimes drains are used. If you have drains, open the top of the bulb three times per day, empty the fluid that collected, and put the top back on with the bulb compressed.
- Take two Tylenol every six hours as needed for discomfort. Use the Vicodin pain pills only for discomfort not controlled by the Tylenol. Vicodin and other strong pain pills are effective for pain; they can also cause nausea and constipation.
- Take your antibiotics until the bottle is empty.
- You may shower and shampoo the day after surgery. Be gentle and use warm, not hot water. Use conditioner with your shampoo to remove tangles in the hair.
- Pat the scalp and face dry. A hair blow-dryer may only be used on the low heat setting. You may not color your hair for four weeks following surgery.
- You may resume driving after two or three days, if you feel comfortable and alert. You may not drive if you are taking narcotic pain medicines.
- Problems are uncommon following a facelift. Bleeding usually happens in the first 48 hours following surgery. There is a sudden swelling of one side of the face, associated with intense pain. The affected side of the face becomes very firm and swollen compared to the opposite side. If you suspect bleeding or an infection, call the office immediately. After 5 PM, in addition to calling the office, Dr. Karam can be reached by cell phone.
- Non-strenuous activity is allowed. Walking is allowed. Tennis, swimming, jogging, and golf are not permitted for four weeks. You may return to your normal exercise habits after four weeks.
- Make appointments to be seen the day after, one week, two weeks, and one month after surgery. You are welcome to return to our office after surgery at no charge if you have questions or concerns. Please call for an appointment.

Patient _____ Date _____

Witness _____ Date _____

PATIENT SURVEY GIVEN-----

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