



Carmel Valley Facial Plastic Surgery

Amir Karam, M.D.

Facelift, Necklift, and/or Browlift Instructions

Shopping List:

What we provide

- Antibacterial wash
- 4x4 gauze dressing sponges

Patient to Purchase at the store

- Aquaphor
- Hydrogen peroxide
- Q- tips
- Additional ace bandages

Optional items you can purchase here or the store

- Arnica and Recommended supplements

To pick up from the pharmacy

- Antibiotics, Pain Medication, and Ativan

PREPARING FOR YOUR SURGERY

- ****Two weeks before and one week after surgery:** Do not take ibuprofen or Aspirin products, which include but are not limited to (Advil, Motrin, Aleve, Aspirin, Excedrin, Midol, etc.) Tylenol may be used at anytime. ******
- ****Do not smoke two weeks before surgery and two weeks after surgery.** Even one puff can cause constriction of the blood vessels and irreversibly effect the healing process. ******
****Do not drink alcoholic beverages for two weeks before and two weeks after surgery. ********
- ****Make arrangements for someone to pick you up after surgery and stay with you the first twenty-four (24) hours. Plan to stay home and rest for three to five days. ********

THE DAY BEFORE SURGERY

- **Take 1 Ativan one (1) hour before your arrival time. We will give you one more Ativan after your arrival.**

- Wash your face with antibacterial wash, Hibiclens- it can possibly sting the skin and eyes so use caution around the eyes!!
- Start Antibiotics, take as directed.
- Start your first dose of Arnica in the evening & continue per package directions

THE MORNING OF SURGERY

- Wash face again with the antibacterial wash, Hibiclens.
- Take your usual medicines with a sip of water (your pre-op RN will go over this)
- Make sure you have removed all eye makeup.
- Do not wear make-up or moisturizer on your face. Bring large sunglasses and a broad-brimmed hat to the OR.
- Wear loose, comfortable clothing that opens in the front and comfortable shoes.
- Do not wear contact lenses.
- Do not wear jewelry.
- Leave all valuables at home.
- ****Make arrangements for a responsible adult to pick you up from the Surgery Center and stay with you throughout the night. We will give them simple instructions for your care. This is absolutely necessary. We will not be able to perform the procedure if a ride is not available at the time of surgery.****

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 after.
- A high protein, low carbohydrate diet is best for several days. Soft food is preferable, as the jaw line will feel tight from the muscle tightening during surgery. (examples: hard boiled eggs, cottage cheese, yogurt, ensure, protein shakes, etc.)
- ****Rest with head and shoulders elevated on two or three pillows, and on your back for the first week.****-In doing this it is often times helpful to place a pillow under each arm to ensure you will maintain on your back throughout the night.
- ****The dressing around your face will be removed the following day after your procedure and will be replaced with a lighter dressing****
- ****The second dressing can be removed on the 2nd day post op and you may shower. Clean the incisions with hydrogen peroxide on a Q-tip and apply ointment afterwards (either Aquaphor or Neosporin to the incisions to provide for a good healing environment.) Re wrap the Ace bandage with a light pressure. ****
- Take two Tylenol every six hours as needed for discomfort, or use the pain pills only for discomfort not controlled by the Tylenol. The prescribed strong pain pills are effective for pain; they can also cause nausea and constipation.
- Colace (an over the counter stool softener) may be used to help alleviate constipation related to the pain medication.

- With the short incision face lift drains are sometimes 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 your antibiotics as directed until the bottle is empty.
- You may shower and shampoo 2 days 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.
- If there is a sudden swelling on 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, or 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.****
- Appointments will be made to be seen the day after surgery, one week, 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.
- Do Not hesitate to call with any questions.

Patient _____ Date _____

Witness _____ Date _____

PATIENT SURVEY GIVEN-----

Carmel Valley Facial Plastic Surgery: 858-259-3223
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