

PREOP INSTRUCTIONS
FACELIFT

Please read pre & post op instructions prior to surgery, so that you are prepared for your procedure. You may call our office if you have any questions.

Arrive at _____ On _____. Please call 406-728-3811 the day before your surgery to confirm your arrival. If you are unable to keep your scheduled surgery, please call our office 2 weeks in advance if you need to cancel.

You will need to have a responsible adult person drive you home and be with you for 48 hours after your surgery. They should be available to speak with the nurse to receive post op instructions, and get prescriptions filled. You will also need to arrange to have someone drive you to your return appointment.

If you smoke, you must completely quit 1 month prior and 1 month after surgery. Smoker's skin does **not heal well** and the skin can **die**. Nicotine constricts the small blood vessels and capillaries, which decreases the blood circulation to the skin and deprives it of essential nutrients and oxygen, leaving you with a grayish "smoker's face". Smoking contributes to premature aging and wrinkling of the skin.

Do not eat any solid food after 9PM, any fluids after midnight the night before surgery.
-Avoid all alcoholic beverages for 24 hours before surgery.
-Do not suck on mints, chew gum, tobacco, or candy.
-You may brush teeth

Remember to remove all makeup (lipstick, mascara, and/or eyeshadow) some of the ingredients may be hazardous in the operating room.

Wash your hair the night before or the morning of surgery: do not apply ANY products to the hair: ie. Hairspray. Do not tint, dye, bleach, or color your hair 1 week prior to and 4 weeks after surgery.

Wear comfortable loose fitting clothing – a **BUTTON DOWN SHIRT**, easy slip-on pants, and **FLAT** shoes are recommended. You may want to bring a scarf to wear home.

Report any cold sores or infections prior to surgery.

Do not wear anything of metal such as watch, rings, earrings, necklace, or any body piercings.

Do **NOT SMOKE** or be around smokers for 1 month prior to and 1 month after surgery.

Do not wear contact lenses, bring your glasses, if needed, to sign the necessary paperwork.

Refrain from aspirin, ibuprofen, and vit E products for 2 weeks prior to and after surgery. You may take Tylenol if experiencing pain.

Start taking VitaMedica Surgery Program Vitamins (supplied to you through our office) 2 weeks prior to surgery.

Check with Dr. Hardy or the Nurse regarding the medications you should take the morning of surgery. A general rule is that heart and blood pressure medications should be taken with a small sip of water. Diabetic dosages may vary according to your diabetic physicians orders.

Dr. Hardy will write or call in your prescriptions to your pharmacy in accordance to the procedure you are having done. Pick up these medications prior to your procedure and bring them with you to your appointment. **DO NOT TAKE THE MEDICATIONS PRIOR TO YOUR APPOINTMENT.** Dr. Hardy will give them to you with a sip of water before your procedure.

Make sure that all your financial obligations have been met with the office 2 weeks before surgery. If not, you run the chance of having your surgery cancelled or postponed.

Please do not schedule any commitments, trips, exercising, etc. for 4 weeks after surgery.

Supplies to have prepared prior to coming home from surgery:

- *Antibiotic ointment ie. Polysporin, bacitracin, etc.
- *Small ice cubes
- *4x4 gauze
- *Q-tips
- *Pillows
- *Thermometer
- *Over-the-counter gentle laxative and stool softener

POST OP INSTRUCTIONS FACELIFT

Office Hours:

Weekdays: 9:00am-5:00pm: for any abnormalities or emergencies call 406-728-3811.
After Hours & Weekends: call the office (406-728-3811) and ask to have Dr. Hardy paged.

Call the office immediately if you have:

- *A temperature of 101 or greater
- *Redness that's beginning to spread away from the incision site
- *Any unusually painful swelling
- *Any active bleeding saturating more than a 4x4 gauze
- *Any purulent (pus) drainage coming from the incision site
- *Pain that is not relieved by your pain medication

Activity:

Remember to:

*Point your toes to the ceiling and push your heels downward frequently in order to prevent blood clots

*Do not operate a motor vehicle:

- Until you can safely turn your head without putting a strain on your incision. Your neck and shoulders should turn as one...usually 3-4 weeks after surgery.
- Within 24 hours of taking prescribed pain medication.

Keep your head elevated on 2-3 pillows for the first 2 weeks. Apply cold compresses (clean wash cloths or gauzes soaked in ice water and wring out) to your eyes and cheeks for 20 minutes every 2 hours for the first 24-48 hours. This is to minimize your swelling and bruising. It also soothes facial tissue.

Do not lie on either side. Do not twist or turn your head or neck. Do not wear any top that fits snugly over your head. Do not wear any earrings that dangle and pull your earlobes down for 4 weeks.

Do not wear your contact lenses for at least 2 weeks after surgery. Eyeglasses may be worn as needed.

Avoid any strenuous activities or heavy lifting for 4 weeks. Avoid bending down and picking up heavy objects for 4 weeks. No straining.

Do not engage in ANY sexual activity for at least 2 weeks after surgery.

Avoid any excessive facial movements, such as smiling, chewing, talking, sucking on straws, or yawning for the first 7 days. Eat soft, low sodium food.

Do not bump, stretch, or rub your face or eyes for the first 3-4 weeks. You may wash your face lightly 2 days after surgery using a mild cleanser, such as IS Clinical cleansing complex or Medicalia gently cleanser and water. Pat dry.

You may wash your hair lightly after your bandage dressing is removed, usually 48-72 hours after surgery using a mild shampoo and water. Temporary numbness around your temple, eyes, ears, and neck is normal. Moderate itching near the incisions is normal.

Do not dye or tint your hair for 4 weeks after surgery.

Avoid using a curling iron or blow dryer to numb areas of your scalp. You could burn yourself and not even realize it.

Do not use makeup for the first 7 days. After that you may wear it but avoid applying it along the suture line.

Keep your dressings dry. Your initial dressings will be removed in 24 hours. A new dressing will be reapplied. You can remove the new dressing in 24-48 hours.

MEDICATION:

*Take your prescribed medications as ordered. Take your antibiotics until they are all gone.

*Do not take aspirin, ibuprofen, and vit E products for 2 weeks after surgery. You may take the prescribed pain medication or Tylenol if experiencing pain.

*Apply a small amount of antibiotic ointment 2 times per day to your incision sites for 1-2 weeks.

*Pain medication, anesthesia, and a lack of exercise can cause you to have constipation. You can take a gentle over-the-counter laxative and stool softener.

DIET:

*Avoid hard or chewy foods. Avoid any excessive facial movements, chewing, talking, or yawning for the first 10 days.

OTHER:

*Do not smoke or be around smokers for 1 month after surgery.

*Avoid direct sunlight to your incision. After the incision has fully healed (usually 3-4 weeks) you can apply sunblock, preferably La Bella Donna Minerals for a chemical-free sunblock.

*Bring a scarf to cover up your head dressings during your trip home.