



# Face Lift Instructions

## BEFORE YOUR SURGERY:

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### Suggestions:

- Arrange for 10-14 days off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- Obtain a wide-toothed comb for use after surgery.
- Avoid coloring your hair for two weeks prior to surgery, and leaving hair long will minimize the visibility of healing suture lines after surgery.
- Obtain a large package of 4"x4" gauze and some ice for use after surgery.
- Wear loose-fitting clothes that do not have to be pulled over your head, and bring sunglasses.

### Mandatory:

- Stop intake of all Aspirin and Aspirin-related products (anti-inflammatory like Motrin, Advil, Naprosyn, etc.) two weeks before surgery, as these products will increase bleeding and bruising during surgery
- Stop smoking or nicotine-containing products (Nicorette, nicotine patch) 6 weeks before surgery. If you are unable to quit 4 weeks before surgery, please notify my office as soon as possible.
- Notify my office of any colds, infections or facial breakout appearing 2 weeks prior to surgery.
- Do not wear make-up or facial cream on the morning of surgery.
- Consume no food, drink or even water after midnight the night before surgery. A full stomach on the morning of surgery will necessitate cancellation of the procedure.
- Discuss any medications, or changes in medications by contacting the office.
- Have someone available to bring you home after surgery (usually later in the afternoon).
- Have someone available to stay with you the night after surgery.
- Remove all body jewelry possible, prior to surgery.
- Do not use body creams or lotions for 24 hours prior to surgery.
- Do not wear a ponytail or hair pins/clips before/to your surgery.
- Avoid eyelash extensions before surgery as these may be disturbed during administration of anesthesia

## OTTAWA PLASTIC SURGERY

DR. H. SILVERMAN, MD, FRCSC  
DR. KIRSTY BOYD, MD, FRCSC



## AFTER YOUR SURGERY:

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### Immediately After Your Surgery:

- No heavy lifting (more than 10 pounds)
- Sleeping is usually most comfortable on your back, propped up on pillows, but you may sleep on your side if comfortable
- Avoid bending forward at the waist to a head-down position
- You may shower 48 hours after surgery and may wash your hair
- After washing out hair, you may comb it out gently with a wide-toothed comb
- You may blow-dry your hair, but use only a cool-air setting on your blow-dryer (a hot air setting can burn your skin)
- You may eat a regular diet
- No driving until discussed with me
- Keep cold compresses on the area continuously for the next 48 hours, to minimize swelling and bruising
- Take all medications as prescribed:
  - Usually Dilaudid, Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin, Ibuprofen, Advil or Tylenol.
    - Note that the pain medicine may make you nauseous or constipated. You may use over-the-counter stool softeners, such as Colace.
- Call my office to arrange a follow-up appointment for about 2-5 days after surgery

### Things to Watch Out For:

- A rapid increase in pain, swelling or very localized bruising (like a goose-egg)
- High fevers above 38.5 C or 101.5 F
- **The presence of these above mentioned conditions warrants a call to your surgeon**

### Normal Post-Surgical Reactions:

- Pain, bruising, and mild swelling are normal and expected after surgery
- Small amounts of blood-tinged drainage from the incisions
- Low grade temperature is often seen early after surgery
- Nausea, vomiting and constipation are occasionally encountered after surgery

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### Late Post-Operative Period:

- No heavy lifting, upper body weights, vigorous exercise such as aerobics, jogging or swimming, for 4 weeks after surgery
  - Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately; check with me if you are unsure
  - Your stitches will be removed approximately 5-7 days after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
  - Normal activities may be resumed as tolerated by 4-6 weeks after surgery
  - Avoid sun-tanning or significant sun exposure for several months after surgery. Use tanning protection and a hat when out in the Sun.
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- **If any of the above information is unclear, or any other questions arise, please do not hesitate to contact our office, during business hours, Monday to Friday – 08:30am-4:30pm**
  - **After hours and weekends: call my office, where you will be directed to call an emergency contact number, which is either Dr. Silverman’s cell phone – 613-355-9007, or Dr. Boyd’s cell phone – 613-297-2974.**
  - **Additionally you can contact us by email directly to [askdrsilverman@ottawaplasticsurgery.com](mailto:askdrsilverman@ottawaplasticsurgery.com) or [askdrboyd@ottawaplasticsurgery.com](mailto:askdrboyd@ottawaplasticsurgery.com), though we cannot guarantee an emergent response via email.**
  - **If you are unable to reach us and have a medical emergency, please go to the nearest emergency room.**