



Pre- and Post-Operative Instructions for Facelift and Eyelid Surgery

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

Medications:

1. No Aspirin or medicines that contain Aspirin*, NSAIDs, including Ibuprofen (Advil and Motrin), naproxen (Aleve) for two days after your surgery. These medications can interfere with blood clotting.
2. Fill all prescriptions given to you after surgery when leaving the hospital and take as directed.
3. While taking narcotic pain medications, be sure to include an over-the-counter stool softener, and increase your daily fiber intake. Avoid alcohol while taking narcotics.
4. Medication will be prescribed for any pain you may have. However, you may also take any Tylenol products. NOTE: DO NOT take more than 4000mg acetaminophen/Tylenol containing products per day.

Pre-Operative Instructions:

1. Purchase the following items at the drugstore. (These items will be needed after leaving the hospital.)
 - a. Lubricating eye ointment
 - b. No tears baby shampoo/conditioner
 - c. Lubricating eye drops (not Visine)
 - d. 4 x 4 gauze pads
2. Fill all prescriptions given during your pre-operative visits to use *after* leaving the hospital.

Post-Operative Instructions:

1. Swelling and bruising of the eyes and face are very common within the first 24 hours after surgery.
2. Apply ice compresses (gauze pads soaked in a bowl of ice water) to the eyes to minimize bruising and swelling. After the first 24 hours, continue the compresses for comfort from dryness, itching, and redness until all of your sutures are removed. Ice compresses may be used on the face to ease any discomfort you may experience.
3. Sleep on your back with your head elevated for 10 days following surgery.
4. Do not keep your head down for long periods of time. When bending, bend from the knees.

5. You will be given a prescription for post-op antibiotics. Take all of the medication as directed.
6. You may resume driving when you are no longer taking narcotic pain medication.
7. No heavy exercise is allowed for three weeks following surgery. At your post-op appointments, Dr. Birchenough will advise when to increase activity. We do recommend walking after surgery.
8. You may wash your face 2 days after surgery. Do it quickly and with warm—not hot—water.
9. You may shower and wash your hair 48 hours after surgery.
10. Numbness of your face and eyelashes is no cause for alarm. This sensation is normal and will be temporary.
11. Makeup may be applied 10 days after surgery. A light moisturizer may be applied, but avoid heavy creams—especially at night. Remove eye makeup with oil pads.
12. Use OTC liquid tears in your eyes throughout the day to alleviate any possible symptoms of dryness, itching, or redness.
13. Your scars may become red and lumpy 3 to 5 weeks following surgery. If this happens, do not be alarmed. It is a normal process of scar maturation and should subside with time. The scars will fade over a period of several months, and complete scar maturation may take as long as 6 to 12 months.

Refrain from all nicotine products. Nicotine interferes with healthy circulation and may affect the result of your surgery.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.

If you have routine questions or concerns, please call the office during regular business hours at (864) 214.5232. If you have urgent concerns after office hours, call the number you were given during your appointment. In case of emergency, call 911.