

PLASTIC SURGERY CENTER OF ST. JOSEPH, INC.
MICHAEL D. DE PRIEST, M.D.

**FACELIFT, BROW LIFT, AND NECK LIFT SURGERY
PATIENT INSTRUCTIONS**

BEFORE YOUR OPERATION

1. Take no aspirin or products containing aspirin for three weeks before surgery because it interferes with normal blood clotting. If needed, use Tylenol instead. (No Alka-Seltzer, Anacin, Ascripton, BC, Bufferin, Cope, Coricidin, Darvon Compound, Fiorinal, Dristan, Empirin, Excedrin, Midol, Sine-Aid, Sine-Off, Percodan, Triaminicin, Vanquish, etc. If in doubt, call your pharmacist.) Avoid Vitamin E for one week prior to surgery.
2. You may color or bleach your hair up to the day before your surgery. No further coloring until approximately 4 weeks after surgery. Do not invest in an expensive hairdo immediately before surgery.
3. Smokers should stop smoking 6 weeks before surgery to reduce post-operative complications.
4. Please report any flu, colds, infection, boils or pustules appearing 3 weeks before surgery.
5. You may need lab work done a few days prior to surgery. We will discuss this and order the lab work in advance. You may have your lab work done at the Eastridge Medical Lab (in the medical office area off Sherman Avenue [233-9313]) or at Heartland Pre-Admission Testing in the Medical Plaza I building.
6. You should have a responsible adult spend the first 24-48 hours with you. You will need to have a driver to take you home after surgery.
7. Dr. De Priest will take pre-op photos; these are confidential.

AFTER YOUR OPERATION

1. You should sit and sleep with your head elevated at all times to decrease the swelling and bruising.
2. You may be up as needed, but limit your activities.
3. You may use a small amount of makeup after we remove most of the sutures. We advise a cover-up cream for bruising as long as necessary. A green or yellow base under your regular makeup helps to hide some of the bruising. You may expect your face to feel

"different" after surgery. It will take weeks to months before the feeling begins to feel normal.

4. You may shower and bathe as normal.
5. Sleep in a recliner or use additional pillows to elevate your head for 4 weeks after surgery. Consciously avoid turning your head or causing your neck skin to "pull." Instead, turn your entire body "like a robot."
6. You should expect swelling of the face and eyelids and shifting discoloration during the first 1-2 weeks after surgery. Delayed bleeding is unusual but possible. Please report any sudden swelling or firmness to Dr. De Priest or the nurses.
7. You may drive for short distances and at low speeds after 3-4 days. Defer more demanding driving for 2-3 weeks after your surgery.
8. The gradual progression to normal activity generally requires 3-4 weeks. Do not attempt extremely strenuous activity until 8 weeks after surgery. This includes sports such as tennis, golf, swimming, etc.
9. Sunburn and flushing from heat promote swelling and should be avoided during the healing process. Take care to avoid sunburn until full sensation returns to the face. We recommend using a sunscreen and wearing a hat when in the sun, since the sun promotes aging, wrinkling, and precancerous and cancerous changes to the skin.
10. You will have diminished sensation in your neck, cheeks, and possibly forehead area. This will improve with time. It may be weeks to months before this feeling begins to feel normal. You may notice difficulty in opening your mouth and talking after surgery. Remember, the skin is pulled tight over your lower jaw. This, too, will improve with time.
11. You may have your hair washed after the first office visit. Generally, it is best to do the first shampoo yourself in the shower to avoid twisting your neck. You may use a mild shampoo, but you will need a cream rinse to avoid any unnecessary pulling of tangles. Comb your hair **CAREFULLY**, using a wide-toothed comb. Air dry your hair or use your dryer with the dial set on cool setting only.
12. If desired, you may set your hair after all sutures are removed. You may do this yourself or visit your hairdresser after the second week. Use rollers except around incisions where pincurls should be used. Air dry the hair or use a hair dryer with a cool setting only. No hairspray should be used the first week. You may apply coloring to your hair after 2-3 weeks.

13. You can expect: Moderate discomfort-use pain medication
 Black and blue discoloration
 Blood shot eyes
 Slight signs of blood on your bandages
14. **Call 364-6446 if you have:**
- ◇ Severe pain not responding to medications.
 - ◇ Marked swelling, or more swelling that is greater on one side than the other.
 - ◇ Bright red spots on the bandage that continue to enlarge.
 - ◇ Bandages that seem too tight.
 - ◇ Other questions or problems that arise.
15. Avoid smoking after your operation to prevent coughing, bleeding, or healing problems.
16. Do not bend over (head lower than heart) or lift heavy objects for six weeks.
17. The first office visit will be a few days after surgery. Additional follow-up visits will be determined by Dr. De Priest.
18. Do not drink alcohol with pain medications.

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