

PRE-SURGERY PREPARATION

DO NOT take aspirin or any anti-inflammatory medications such as ibuprofen, Motrin, Aleve or Advil for 2 weeks prior to and 1 week after your surgery.

STOP taking vitamin E and fish oil supplements for 2 weeks prior to and 2 weeks after surgery. A multivitamin is fine as long as it has less than 700 IU per day.

STOP smoking for at least 2 weeks before and 2 weeks after your surgery. Smoking greatly increases your chance of complications.

MAKE ARRANGEMENTS to have someone drive you to and from surgery and to your office visit the day after surgery.

ARRANGE for someone to care for you the first 24-72 hours after surgery.

FILL your prescriptions before surgery. It is not necessary to bring them with you to the surgery center.

SET UP a home recovery area with lots of pillows in a quiet area where you can rest. A recliner is very helpful if you have one.

HAVE light foods on hand such as saltine crackers, protein shakes, soup, applesauce, jell-o, popsicles, etc. Also have plenty of fluids available. Water, dilute fruit juices, dilute Gatorade and caffeine free tea are good choices.

DO NOT eat or drink anything after 12:00 midnight. This includes water, candy and chewing gum. We suggest having a light dinner no later than 7 pm the evening before your surgery to minimize the chance of nausea. Drinking plenty of water (64oz/day) or more for two days prior to your surgery will also help prevent post-op nausea.

WEAR only comfortable, loose-fitting clothes that open in the front to the surgery center. Slippers or slip-on shoes are preferred. For patients having a tummy tuck a robe is best.

DO NOT wear makeup, jewelry, contact lenses or body piercings to the surgery center.

SHOWER and wash your hair the morning of surgery. Wash the area you are having surgery on with Hibiclens (antiseptic cleanser), which will be provided for you at your pre-op appointment. Do not apply any powder, lotion or deodorant after you shower.



HEDIEH A. STEFANACCI, M.D.
AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY

POST-SURGERY: FACE LIFT

INSTRUCTIONS

- Take your pain medication as directed.
- A facial ice pack will be applied in the recovery room. Continue to rotate it 30 minutes on, 30 minutes off while awake. Use it for the first 24-48 hours or longer for comfort.
- Begin your antibiotic the day after your surgery.
- You may remove your white compression stockings the morning after surgery.
- Decreased activity and narcotic pain medication may cause constipation, increase fluid intake and use a stool softener (such as Colace) as needed.
- Do not drink alcohol while taking pain medication.
- Sleep on your back with your head elevated for the first week. Use two pillows or a wedge shaped foam pillow available at most medical supply stores. You can also sleep upright in a recliner.
- Substitute Tylenol (acetaminophen) for your narcotic pain medication as tolerated. For most this is within the first few days after surgery.
- The morning after surgery your gauze wrap will be replaced by a facial compression band which needs to be worn 24 hours a day for the first week.
- Hair treatments such as permanent dyes should be avoided for 4 weeks after surgery.

ACTIVITIES

- Do not drive for at least one week and are no longer taking narcotic pain medication.
- Begin by walking around your house several times a day for the first week and then increase activity slowly as your energy returns.
- Keep your head above your heart at all times. Bend from the knees, no stooping over for two weeks.
- To avoid excessive swelling or bleeding refrain from vigorous activities. Do not do anything that makes you feel tired and no lifting anything heavier than 10 lbs for the first 2 weeks.
- You may shower and wash your hair two days after surgery.
- Face makeup (foundation) can be worn in 7-10 days. A pressed or loose mineral type of makeup applied with a brush is suggested.
- Use a small child size toothbrush for the first week to avoid having to open your mouth too wide.
- Drink from a cup; do not use a straw for 3 days.
- Limit your diet to soft foods that you can easily chew. Examples are mashed potatoes, soup, scrambled eggs, yogurt and soft pasta.

INCISION CARE

- The sutures in front of your ear will be removed at your one-week office visit. The sutures behind the ear will be removed at two weeks post surgery.
- Avoid exposing scars to sun for at least 12 months. Always use a strong sun block (SPF 30 or greater) if sun exposure is unavoidable.



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WHAT TO EXPECT

- Bruising and swelling are normal parts of the healing process. Your face may gradually swell and bruising becomes more noticeable in the first few days after surgery. As the days go on the swelling and bruising will begin to dissipate. This is no indication of what your new face will look like in a few weeks. Please keep this in mind and be prepared to look worse before you look better.
- The skin on your face and neck may be rough and feel dry for several weeks after your facelift. You may start to use moisturizer if desired after one-week post surgery and prescription products such as Retin A and hydroquinone at 4 weeks.

WHEN TO CALL

- If you have increased pain that is not relieved by medication.
- If you have any side effects from the medications such as rash, nausea, vomiting or severe headache.
- If you have a temperature over 101 degrees.
- If you have bleeding from an incision that does not stop with light pressure.

FOR MEDICAL QUESTIONS, PLEASE CALL:

- (559) 797-9000, Monday-Thursday 9 a.m. – 5 p.m. and Friday 9 a.m.-noon.
- After hours and on weekends call the office number and Dr. Stefanacci will be paged.



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