

FACE-LIFT AND EYELID SURGERY

DATE OF SURGERY:

ADMIT TIME: _____

OFFICE APPOINTMENT FOR DRESSING REMOVAL:

1. _____

2. _____

3. _____

4. _____

ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO YOUR SURGICAL PROCEDURE. THIS INCLUDES WATER, MEDICATION, JUICE. NOTHING BY MOUTH.

GENERAL INSTRUCTIONS FOR FACE-LIFT AND EYELID SURGERY

1. No intake of white refined sugar in any form for two (2) weeks prior to surgery. This includes cakes, ice-cream and cookies. If you are not sure, ask.
2. No aspirin or aspirin containing medication such as Empirin, Anacin, Excedrin, or Bufferin.
3. Itching of eyes may be relieved with a CLEAN wash cloth soaked in ice-water or cold milk, if necessary.
4. Hair may be washed with baby shampoo one day after ALL DRESSINGS are removed A COOL hairdryer may be used to dry hair. Shampoo the day before surgery.
5. No tub baths or showers for five (5) days (you may sponge bath).
6. All hair tinting should be done ahead of surgery date. Hair may be tinted approximately one month after surgery. Do not have a short haircut prior to surgery; it is not necessary.
7. No stretching of skin in surgical areas. No pulling of eyelids or marked turning of the head for six weeks. Apply bland oil to all suture lines after head dressing is removed.
8. No thermally hot foods or hard chewing. No alcoholic beverages for ten (10) days after procedure or two (2) weeks before surgery.
9. No swimming for one month, no diving for two months.
10. Lubricate lips with Vaseline or cold cream if necessary after surgery.
11. No direct sun-bathing for two weeks prior to surgery and six weeks after.
12. Note your office appointments for dressing removal and post-operative care.
13. Please wear easily removable, comfortable clothing e.g. shirts which open down the front, nothing to be removed over the head, on the day of surgery.
14. Please telephone the office the day before your surgery to confirm your admit time (213) 278-3223
15. On the day of your pre-operative visit you will be given prescriptions; these are to be filled prior to the date of surgery.