

## **Facelift and Necklift Surgery General Instructions**

### **Planning Before Your Trip:**

- If you live outside the immediate Los Angeles area, we can assist you in arranging accommodations. We can also help you arrange your postoperative care needs.
- You cannot be alone the first 24 hours after surgery. You must either have someone pick you up and stay with you for the first night, or you need to have us help you arrange for an aftercare facility or nurse. This is done for your safety and is non-negotiable.
- Make sure you start taking the vitamins we recommend (these are suggested amounts to take. A little more or less is not a problem). Plan on continuing to take these for 3 to 6 months after your surgery:
  - Alpha Lipoic Acid 600 mg
  - Vitamin C 1000 mg
  - Zinc 50 mg
  - Biotin 3000 U
- Do NOT take any aspirin, ibuprofen, NSAIDS, fish oil, or large doses of vitamin E for at least 10 DAYS before surgery.
- If you are under age 35 and otherwise healthy, no blood tests are needed. If you are over age 35 or have major health issues you will need to get blood tests done either with your doctor or by our office at least ONE WEEK before surgery.
- Patients over age 45 need a complete history and physical as well as clearance for surgery from their physician.
- You can color your hair up to 2 weeks before surgery.

### **The Day Before Surgery:**

- Confirm the time of surgery with our office.
- You will take your first dose of antibiotics.
- Do not drink any alcohol and avoid too much salt.
- Do not eat or drink anything after midnight the night before surgery unless otherwise told.

### **The Morning of Surgery:**

- If you are having a facelift, shower and wash your hair with the rinse you were given. Let the rinse sit in the hair for 5 minutes before rinsing, then repeat the rinse again. Do not put any other products in your hair or on your face. You can then towel dry your hair.
- Wear something comfortable that will not be tight around your head. A button up works best.
- If you wear contact lenses be sure to bring glasses or a case to take out your lenses before surgery.
- Bring your prescription medications with you.
- Please arrive on time to the surgery center.

### **The Night After Surgery:**

- Your head will be wrapped in a dressing. You may have drains that will stay overnight.
- Take your medications as directed.
- Ice your eyes and face while you are awake. About 20 minutes on and off.
- Keep your head and shoulders elevated at least 30 degrees. Prop your upper body up on Avoid eating too much salt.

### **The Next Day:**

- Your dressing will be removed. If you have drains they will most likely be removed as well.
- You will start to clean your incisions and apply antibiotic ointment to the stitches. Please apply this to the stitches as needed to keep the incision moist at all time until the stitches are removed the following week.
- Continue to ice on and off today.
- You may shower and wash your hair. Please wash your hair at least once a day and gently scrub the incisions with a gentle all natural shampoo or soap to keep them completely clean.

### **The Following Week:**

- Your stitches will be removed by Dr. Aharonov.
- After the stitches are removed you can stop applying the antibiotic ointment the following day.
- You may resume normal exercise and full activity 10 days after surgery.
- Please refrain from pulling on your earlobes!