

Pre and Post Operative Instructions for Eyelid/Facelift Surgery

It is important that you understand the nature, goals, potential complications, and limitations of this procedure which are explained to you during your consultation. Your adherence to the following instructions will help assure you get the very best results. If you have any questions, please do not hesitate to ask.

Pre-Operative Instructions:

- **Avoid excess sun exposure** for two weeks prior to surgery.
- **Take Vitamin C** – 1,000 mg a day for two weeks prior to surgery. You may also start Arnica, as well as Vitamin K (50 to 80 micrograms a day)– available at any vitamin store, to help reduce bruising.
- **Do not take Aspirin** or Aspirin containing medicines (including Alka Seltzer®), vitamin E, or ginkgo biloba for two weeks prior to surgery and two weeks after.
- **Avoid drinking alcohol and taking Ibuprofen** for three days prior to your procedure.
- **If your procedure is to be conducted under intravenous sedation, have nothing to eat or drink after midnight before the surgery, not even a sip of water.** The exception is if you take regular medications, do so with a sip of water, unless instructed otherwise. However, you may have a light breakfast if you are having just oral sedation for your procedure- the choice of sedation will be discussed with Dr. Epstein.
- **Wash your face and hair using Hibiclens** (available without prescription at most drugstores) either the evening before and/or morning of surgery. Do not apply moisturizers, make-up, or hair spray before your procedure.
- **On the morning of your surgery, do not wear contact lenses, only glasses if needed.**
- **Wear comfortable clothing** with a top that buttons or zips in the front, so it will not need to be pulled over your head.
- **Men who undergo facelift procedures** should not shave for two days before surgery.
- **For patients having a facelift, do not smoke cigarettes for at least four weeks before and four weeks after surgery.**
- **Call the office if you have any apparent illness or cold symptoms.**
- **Make necessary arrangements for someone to drive you home** after surgery and to stay with you until at least the next morning. If you are not having intravenous sedation, you do not need to have anyone stay with you that first night, only to arrange for a ride home.
- **If you are traveling from out-of-town,** please make the necessary hotel, flight, and transportation arrangements. Our office is here to assist you with this and we have a list of recommended hotels that are close to our office. If requested ahead of time, we can arrange for a surgical assistant from the office to stay with your during your first night.

____ (Please initial)

Jeffrey S. Epstein, M.D., FACS

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Post-Operative Instructions:

- **You can be up and about** as soon as the effects of the anesthesia have worn off. Long periods of lying flat will cause swelling to persist.
- **Sleep with your head elevated** on three pillows for the first three days after surgery.
- **After eyelid surgery, keep iced gauze over eyes constantly** for the first 48 hours.
- **It is best to start eating soft and mild foods** and then progress to your normal diet.
- **Medications should be taken as prescribed.**
- **Do not remove dressings unless instructed to do so.**
- **Avoid straining, bending, or heavy exercise** for the first week after surgery. Resume activities as instructed by Dr. Epstein thereafter.
- **Eyelid surgery patients may shower or bathe and wash hair** the first day after surgery, keeping the surgical sites dry for the first four days.
- **Facelift surgery patients may bathe and gently wash the face** with a washcloth, keeping the surgical sites dry for the first four days. On the fifth day, gentle hair washing is permitted. Hair coloring and permanents are permitted four weeks after surgery.
- **Continue to take Vitamin C** for one week while avoiding Aspirin and Vitamin E for two weeks. Arnica gel or oral supplements can help expedite the resolution of bruising.
- **Facelift patients must not smoke for four weeks after surgery.**
- **Make-up can usually be worn at four to five days after eyelid surgery** and five to seven days after facelift surgery.
- **Avoid direct sun exposure** for a minimum of three weeks after surgery. If you must be in the sun make sure you wear at least a 45 SPF sunscreen and/or wear a hat.

Note the following:

- After eyelid and facelift surgery, temporary swelling and bruising are expected.
- After facelift surgery, temporary numbness of the ears and scalp is expected and in most cases, the sensation returns in two to six months. Careful with blow drying.
- Be aware that surgery necessitates making incisions, most of which can be located in hidden areas or places that may be concealed with make-up. It takes two to six months for incisions to heal completely and even then, this varies between individuals.
- Most patients look socially presentable five days after eyelid surgery seven to ten days after facelift surgery.
- Please call the office or Dr. Epstein if you experience elevated temperature, excessive swelling or discomfort, or if you have any other questions.

_____ (Please Initial)

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Note the following:

- Please arrive at the office at _____ on the day of your procedure
- These instructions will be reviewed with you before and after your procedure
- It has been explained to you that a choice of anesthesia provider exists.

Medications: These are the medications that may be prescribed to you by the office. If you are not able to take any of them (i.e. due to allergies) please let us know before your procedure. This will allow us to properly call in your prescription to your local pharmacy.

I hereby acknowledge the medications below have been prescribed to me _____ (please initial)

_____ Keflex – antibiotic to prevent infection. Take one pill twice a day for three days.

_____ Lortab (Hydrocodone) – pain reducing pill containing codeine. Take one to two pills every four to six hours as needed for any discomfort in the donor area. Advil (Ibuprofen) and Aleve (Naproxen) are also very effective and should be taken at the earliest sign of discomfort. They can be taken with the Lortab for best results.

_____ Other

The Florida offices of the surgeons of Foundation for Hair Restoration are regulated pursuant to the rules of the Florida Board of Medicine as set forth in the Rule Chapter 64 B8 FAC.

Please do not hesitate to contact the office with any questions or concerns you have. After hours and on weekends, Dr. Epstein can be reached by texting (preferred) or calling (305) 310 – 6361. The entire office staff is here to help you and make sure your procedure course, pre and post, goes as smoothly as your procedure.

IN CASE OF ANY EMERGENCY, PLEASE DIAL 911

I, (Print name) _____, acknowledge receipt of three pages of these instructions.

Patient Signature ***Date***

Witness (print name) ***Date***

Witness Signature ***Date***

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