



### **Face Lift Pre-operative Instructions**

Please avoid smoking for 6 weeks prior to surgery and the medications on the list we provided. Especially ASPIRIN for at least 10 days

Do not color, perm, or chemically treat your hair, 2-3 weeks before or after surgery.

Please shower and shampoo evening before and morning of surgery

Prior to the date of your surgery, purchase the following items which you will be using postoperatively:

- All prescriptions given you by Dr. Ferguson
- Ice bag or "frozen bag of peas"
- Non-prescription pain medication such as Tylenol™

Be sure to wash your face well on the morning of your surgery, and remove all makeup. Do not wear any makeup or apply any of the preoperative creams to your face on the day of surgery.

Do NOT eat or drink anything after MIDNIGHT the night before your surgery if the procedure is to be done in the hospital. Take your regular medications as usual with just enough water to swallow comfortably.

Make arrangements for someone to drive you to and from the office on the day of your surgery, and to the office on the first visit following your surgery if you require pain medicine.

If you wear contact lenses, remove them prior to your treatment. You may begin wearing them again a few days after your surgery.

Be sure to take all preoperative medications as directed, noting that some must be started the day before surgery.

Review all preoperative and postoperative instructions. Carefully read over the INFORMED CONSENT forms and CONSENT FOR TAKING AND PUBLICATION OF PHOTOGRAPHS / CINEMATOGRAPHY / VIDEO CASSETTES forms.

**Face Lift Post-operative Instructions**

- Keep the **head** of the bed **elevated** at all times, **avoid flexing neck** with pillows.
- Please **do not** take your **pain pills** on an **empty stomach** (*this may increase nausea.*)
- Please **take all** of your **antibiotics** according to the prescription.
- It is normal to have some swelling. This usually maximizes at 24-48 hours.
- You may shower, however, please do not soak your incisions.
- You may walk, but please do not perform strenuous aerobic exercise for five to six weeks.
- You sutures will be removed over a five to ten day period unless they are dissolvable.
- Please do not drive when taking narcotics.
- You can clean any crusts that form on the sutures with hydrogen peroxide on a Q-tip.

**Notify the office if you experience any of the following:**

1. If one half of your face appears much bigger than the other.
2. If you develop a **temperature** above 101.5° F.
3. If you develop **redness** (like a sunburn) on your face

*Please call the office at (334)702-6900, if you have any questions or problems.*

I have read the preoperative and postoperative instructions (2 pages), facelift surgical risks (2 pages), postoperative facelift notes (2 pages), and healing from facelift surgery information (2 pages). All questions have been answered by Dr Ferguson. I understand the information that has been provided, and I understand that complication may occur that could possibly require further surgery and/or diminish expected results.

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signature

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print name/date