



## PRE AND POST-OPERATIVE FACELIFT INSTRUCTIONS

### PRE-OPERATIVE INSTRUCTIONS FOR FACELIFT

A successful surgery requires a partnership between you and Dr. Arvin Taneja.

*The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your surgery may have to be postponed or delayed, at the judgment of Dr. Taneja.*

*This is essential to your health and safety.*

#### **THREE WEEKS BEFORE SURGERY:**

- Laboratory tests, Medical clearance and EKG (if they are required) must be done. Please have the written results arrive at our office one week before surgery (our fax number is 626-844-0018).
- **SURGERY WILL NEED TO BE RESCHEDULED IF THERE IS ANY CHANCE YOU ARE PREGNANT.**
- If you are planning to have a haircut before surgery, please do so three weeks before surgery.
- Good nutrition. Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and well-being. A healthy, balanced diet is essential.

#### **TWO WEEKS BEFORE SURGERY:**

- Do not take products containing aspirin, ibuprofen (eg. Advil, Motrin), or Vitamin E. Check with your pharmacist about any over-the-counter medications. Many pain relievers; cold and sinus medications contain aspirin or ibuprofen. Tylenol is OK.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or "the patch." Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.
- Start taking 1000 mg of Vitamin C three times per day. Vitamin C helps with healing.
- If your destination after surgery is more than 30 minutes from the office, you must plan to stay in a local hotel on the night of surgery. Your patient coordinator can assist you with this.

#### **ONE WEEK BEFORE SURGERY:**

- Do not drink alcohol for 1 week before and after surgery.
- If you perm or color your hair; it should be done 1 week before and/or 5 weeks after surgery.

#### **DAY BEFORE SURGERY:**

- Our office will call you after NOON to inform you of your arrival time for surgery.
- Pack your bag for the day of surgery. This should include: Your photo identification, all prescription medications, reading glasses, warm socks, saltines or other crackers in case of nausea during your ride home.

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (this includes water and gum chewing). SURGERY MAY BE CANCELLED IF THIS IS NOT FOLLOWED.** A fasting state is required in order to receive sedation for surgery. You will be instructed if there is any medication you should take on the morning of your procedure, if so take this with only a small sip of water.

#### **DAY OF SURGERY:**

- Go to 10760 Warner Avenue, Ste 102, Fountain Valley, CA 92708.
- You may shower and shampoo the morning of surgery. Do not wear makeup, hair sprays or gels, or nail polish. You may leave acrylic nails on
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- Do not wear jewelry of any sort or bring valuables to surgery.

### **POST-OPERATIVE INSTRUCTIONS FACELIFT**

***These instructions should be carefully read and followed. They are designed to answer the most commonly asked questions regarding post-operative care.***

#### **ACTIVITY:**

- Limit your activity sharply over the first week following surgery.
- You are encouraged to walk around the house on the day of surgery and thereafter. This helps to prevent blood clots from develop in the legs. Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- When you rest or sleep, keep your head elevated 2-3 pillows and avoid turning of your side. If you overexert yourself, bleeding or prolonged swelling may result.
- Keep your emotions under control. It is not unusual to feel a bit depressed for a few days after surgery. This quickly passes as you begin to look and feel better. Anger, crying or other emotional outbursts will only add to the swelling or increase the likelihood of bleeding.
- Avoid bending, lifting, pulling, pushing, straining and aerobic activities for 3 weeks.
- You may begin to return to regular exercise 3 weeks after surgery. Ease into this, gradually increasing your exercise level back to normal by 5-6 weeks from surgery.
- Take deep breaths often when you get home for the first 24 hours after surgery. This helps to expand the base of your lungs.

#### **ORAL INTAKE:**

- Alcohol consumption should also be limited as this may raise the blood pressure and initiate bleeding. Do not drink alcohol during the first week.
- Drink plenty of fluids following surgery, as dehydration can contribute to nausea.
- You may want to avoid foods that require much chewing, such as steak. Soft foods may be easier to eat.
- Small amounts of food 20 minutes before taking postoperative medications (especially pain medications and/or antibiotics) can prevent nausea.
- If you vomit or feel nauseated, you should delay food and pain medications until the nausea passes.

- Take only 2-3 ounces of clear liquids at hourly intervals until the nausea subsides. If this symptom persists, call for anti-nausea medications, as subsequent vomiting may be harmful and lead to complications.

#### **BATHING:**

- Following surgery you may bathe, but do not submerge your head in the water.
- Please follow the schedule below that outlines when you shower and gently wash your hair.
- You can gently shampoo your hair on the mornings of your postoperative appointments. These fall on day 4/5, day 7, and day 10/11.

#### **PAIN, SWELLING, BRUISING, INFECTION:**

- It is unusual to have significant pain after aging face procedure. If the prescribed medication does not control pain, please report this to us. There is discomfort, of course, but remember that this will quickly pass.
- Some swelling and bruising is to be expected. Bruising is treated with Arnica, an herb that will be provided by our office. Swelling and bruising is maximal at 48 hours post-surgery and gradually subsides over the following 10-14 days.
- Infection is also unusual. Fever, localized swelling with redness and tenderness may signify a developing infection and should be reported. Appropriate treatment will be initiated.
- Your final results will occur between 6-12 months.

#### **OTHER COMMON INSTRUCTIONS AFTER SURGERY**

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible) and remain with you until the morning following the procedure. If you are having several procedures, you may need assistance for 1-2 days following your procedure.
- You will need to arrange transportation for your appointment at our office on the day following surgery. Do not drive for 24 hours after surgery or anytime that you are taking pain medications.
- Avoid making major decisions or participating in activities requiring judgment for 24 hours after surgery.
- Smoking should be strictly avoided as it interferes with the blood supply to the healing tissues and slows subsequent healing.
- Take all medications as instructed postoperatively.
- Avoid excess sunlight to the incisions for at least a year. Even mild sunburn may cause prolonged swelling or irritation of the healing incisions. Use sunscreen with zinc oxide and SPF 20 or greater to help decrease the visibility of the scar.
- Do not compare your progress with that of other patients. Remember that everyone's healing process is unique. Also, if you have any questions or concerns, call on us. Your family and friends may mean well, but you can receive wrong information.

#### **INCISIONAL CARE:**

- Keep your initial dressings dry. We will remove your dressing on the first day after surgery.



- Ice packs should be used within the first 48 hours after surgery to help with swelling. Apply ice for 15-20 minutes out of each hour while awake. Be sure they are lightweight. Never apply ice directly to the skin. Dipping gauze pads into iced water works well.
- Clean incisions around your ears and under your chin with peroxide, then apply polysporin ointment twice a day.
- Wear ace wrap at all times for the first 5 days, then at night only for an additional 7 days.

**CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:**

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from incision area.
- Persistent nausea and/or vomiting.
- Any other concerns.

**Office Telephone: 626-844-0555**

Patient Name (print): \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Your surgery will be performed safely and with care in order to obtain the best possible results. You have the right to be informed that the surgery may involve risks of unsuccessful results, complications, or injury from both known and unforeseen causes. Because individuals vary in skin textures, tissue, circulation, and the healing process, as well as anesthetic reactions, there can be no guarantee made as to the results or potential complications.

The following complications have been reported in medical literature. They are listed here for your information not to frighten you, but to make you aware and more knowledgeable concerning this surgical procedure. They will be discussed again at your preoperative appointment.

**RHYTIDECTOMY**  
**(FACELIFT / ENDOSCOPIC FOREHEAD LIFT / MID-FACE LIFT PROCEDURES)**

The overall complication rate for *rhytidectomy* is 12%

**Hematoma:** A swelling or mass of blood (usually clotted) caused by a break in a blood vessel. Females 0.7%. Males 7%. This form of hematoma requires treatment and drainage.

**Infection:** Less than 1%. This is extremely rare despite the proximity of hair around the wound

**Hair Loss:** Loss of hair in the temple area, behind the ear is 2.3%. This is usually temporary with normal regrowth in several months. Male patients should be aware that the hairless area in front of the ear will be narrowed and the beard pattern will change possibly necessitating shaving behind the ear.

**Pigmentation:** (discoloration & bruising). Either normal or pathological coloring of the skin or tissue by a deposit of pigmentation that can cause color changes. Normal bruising resolves in 2-3 weeks. Occasionally extensive bruising can require many weeks or months to resolve. These problems can be most common in patients with thin, hypo-pigmented, transparent skin. Patients with darker complexions should be aware of the possibility of residual brown pigmentation.



**Edema:** (swelling). This is normal following facelift surgery and usually lasts 2-3 weeks. Prolonged edema is unusual and may require endocrine, allergy or other medical evaluation to determine the cause.

**Nerve Injury:** Injury to the nerve(s) causing a weakness of the eyebrow(s) or of the mouth is about 1%. They often return to normal in a matter of weeks to months, but can persist.

**Pain/Numbness:** Usually around the earlobes or ears is about 2.5%. Significant pain postoperatively is unusual. If it exists and especially if it is unilateral, it should be investigated.

**Keloid Scarring:** Poor healing with visible and sensitive scarring along incision lines.

**Wound Separation:** Occurs along the suture line after the sutures have been removed.

**Submental Depression:** Removal of fat in the area under the chin may result in some irregular areas of depression.

**“Dog Ear”:** Most all areas of excess tissue along scars resolve with time. If they do not resolve with healing, they may be excised at a later procedure.

**Skin Slough:** Poor healing causing scar tissue formation often associated with hematoma or infection. Any touch-up surgery that may be necessary is not done for at least 6 months. This is usually a small office procedure and no physician’s fee is charged. There is however, a nominal charge for the facility, supplies, and anesthesia if sedation is required.

I have read the complication list and am aware that any of the above may occur.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date