



Natural Image Cosmetic Surgery & MedCenter

25500 Rancho Niguel Road, Suite 280

Laguna Niguel, CA 92677

Office (949) 448-0487 Fax (949) 448-8077

Pre-Operative Instructions Face Lift

Dr. Sikorski and staff want to provide you with the very best surgical care. Please carefully read and follow your pre-operative care instructions. This will help minimize any risk or complication. We are happy to clarify any question or concern you may have. **By placing my initials next to the following items, I _____ clearly understand and accept the following:**
(Patient's Name)

- _____ Obtain the recommended blood tests and exams as directed by Dr. Sikorski.
- _____ For out-of-town patients, make arrangements to stay in town for a period of 7-14 days.
- _____ Prior to surgery, please purchase the following items: straws, bagged frozen peas, and Q-tips. The use of these items will be explained at your pre-operative appointment.
- _____ Do not drink alcohol (including wine) or take mood-altering drugs or substances 7 days prior to surgery; this may cause excessive bleeding or interact with the anesthetic drugs.
- _____ Avoid aspirin or aspirin containing compounds and Ibuprofen for 3 weeks prior to surgery and 1 week after surgery. Please read and sign the document "Precautions Regarding Medications".
- _____ Do not take Sudafed or Actifed for 3 days prior to surgery or appetite suppressants such as phentermine and ephedrine for at least 3 weeks prior to surgery. These may cause a rapid heart rate. Do not take thyroid hormone or synthroid on the day of surgery. Thyroid medication may interact with the anesthetic solution and cause a rapid heart rate.
- _____ Prescription antibiotic: take one tablet in the morning and one tablet in the evening. Start this antibiotic the day before surgery. **Do not take the antibiotic the morning of surgery**, but take your next dose that evening and continue until you finish four days later.
- _____ Take a shower or bath washing the entire scalp, face, and neck with Techni-Care for at least 10 minutes on the evening prior to and on the morning of surgery. You may use a hair conditioner following the use of Techni-Care.
- _____ Music to relax by: we have found that patients enjoy listening to soothing quiet music during surgery. If you have a favorite compact disc that you would like to listen to; you are welcome to bring it with you. Make sure the plastic case belonging to the CD has your name on it.
- _____ Have a good nights rest. **Nothing by mouth after midnight.**
- _____ Clothing on the day of surgery: please wear comfortable clothing that will not need to be pulled over your head, as your head will be covered with a turban-like bandage. It is important to wear flat, sturdy, slip-on shoes. Your bandage may be removed 2 hours after returning home.
- _____ **You cannot drive yourself home.** If you choose not to have an after care nurse, you must arrange for someone to drive you home after the surgery and remain with you until the next morning. Specialty nurses are available for longer than 24 hours for an addition charge.



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Post-Operative Instructions Facial Lift

Returning home: you must have a responsible adult drive you home following surgery and remain with you for the first 24 hours post-operatively. You may not drive a car for three days.

Diet: resume a normal diet and avoid alcohol for one week after surgery.

Activities: patients should remain at bed rest for the remainder of the day following surgery. Have assistance for visits to the bathroom, in case you should become dizzy or faint. The chance of this diminishes greatly after 24 hours. Do not drive or operate any hazardous machinery for the balance of the day. It is recommended that important decisions be delayed until at least 24 hours after surgery. Refrain from athletic activities for 1 week. You may begin walking after 3-4 days.

Aftercare: you will be swollen after your surgery, this is normal and expected. To reduce swelling, elevate your head on 2-3 pillows for approximately 3 days. Sleeping in a reclining chair also works well. Use frozen bagged peas to ice your face for 20 minutes out of each hour (20 minutes on, 40 minutes off). Do this continuously *while awake* for the first 48 hours after returning home. Discoloration is normal and usually subsides within 1-2 weeks. The turban dressing applied at the time of your surgery is to help prevent bruising and swelling. If it becomes tight or uncomfortable, it can be loosened or removed. It may be adjusted by cutting the bandage under the chin if necessary. You will experience a tight or heavy feeling of the face, however very little discomfort will accompany this procedure. Do not bend the head forward, backward, or sideways. Avoid gum or hard to chew foods for 2 weeks. Avoid activities that may involve hitting or bumping your face. Do not roll over on your face! We strongly advise sleeping on your back for the first week.

What to expect: your scars will appear a deep pink following suture removal and will diminish with time. In most cases this process takes one year.

Wound care and bathing: avoid prolonged bathing or jacuzzi tubs for at least 1 week following surgery. You may shower and shampoo your hair 24-48 hours after your turban is removed and you have been cleared to do so by Dr. Sikorski. If you noticed any signs of infection such as fever, foul smelling drainage, redness, swelling, or excessive pain in a treated area, call our office immediately. **DO NOT CONTINUE TO WASH WITH TECHNI-CARE SOAP AFTER SURGERY.**

Medications: continue your antibiotic twice a day for five days following surgery. For discomfort, take your prescribed pain medication 1-2 tablets every 4-6 hours as needed. Do not take aspirin or aspirin containing products such as Aleve, or Advil. This can promote bleeding and bruising and increase recovery time.

Follow-up appointments: please arrange for a driver to transport you to the office for your first follow-up visit, which will be 24-72 hours after your procedure. The bandages will be removed and the incisions cleaned. The stitches will be removed in 7-14 days post-operatively in our office. You may call and schedule follow-up visits at no charge. We would like to see you in our office at 24-72 hours, 1 week, 2 weeks, and 3 months post-operatively. Please call our office if you have any questions or concerns between appointments. If it is after office hours, have the answering service contact Dr. Sikorski.

Responsible Party Signature

Date

Witness Signature

Date