



FACE/NECK/BROW LIFT

PRE-OPERATIVE INSTRUCTIONS

Three (3) Days Prior To Surgery Date:

Arnica Montana Pellets/Gel are recommended to reduce post-op bruising. These may be purchased at GNC or Whole Body.

- Begin taking pellets 3 days before surgery as recommended on bottle and continue for 1-2 weeks after surgery
- Arnica gel may be applied to bruised areas of face beginning the day after surgery, **DO NOT** apply to incisions
- Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin Ibuprofen, NSAIDS, Plavix, Aspirin), these will need to be discontinued prior to surgery per Dr. Robbin's instructions
- **DO NOT** take any of the following 10 days prior to surgery:
 - Anti-inflammatories (ibuprofen, motrin, aleve, advil, aspirin)
 - Homeopathic medications
 - Vitamin E, fish oil, multi-vitamins
- Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens starting 3 days prior to surgery
- **DO NOT** eat after midnight the night before surgery, you may **DRINK** clear liquids (Gatorade, Powerade, Pedialyte, water, black coffee or tea) **up to 2 hours prior to arrival on surgery day**
- If you are a smoker- Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time
- **DO NOT** wear jewelry, dentures, hearing aids, or contact lenses the day of surgery
- **DO NOT** wear make- up, lipstick or deodorant, on the day of surgery
- Wear comfortable, loose fitting clothing that buttons in the front
- You will need to arrive 2 hours prior to your surgery time (unless otherwise instructed)

POST OPERATIVE INSTRUCTIONS

MEDICATIONS

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone) **anti-nausea** (Phenergan/promethazine or Zofran/ondansetron) , a **scopolamine patch**, **muscle relaxer** (Robaxin/methocarbamol), and **antibiotic**(Keflex/cephalexin,doxycycline, or Cipro/ciprofloxacin),
**The goal is to *stay ahead of the pain* so you can rest comfortably and eat/drink without nausea or constipation

- Your **pain** medication should be taken with food in your stomach, even if you don't have an appetite, have some crackers or yogurt with it
- Your **anti-nausea** medication is prescribed since narcotic pain meds can increase your chance of nausea/vomiting
- Your **muscle relaxer** will help relax muscles that have been tightened
- Your **antibiotic** is to prevent infection, take the medicine as prescribed beginning the day you get home from surgery until the entire bottle is empty
- Your blood thinner will help prevent a blood clot/pulmonary embolism

- **Take ALL of your medications as prescribed, at least for the first 24-48 hours after surgery**

DRESSINGS/SHOWERING/SUTURES

- **Your Chin and Head** will be dressed with a soft absorbent material covered by an ace wrap. Keep dressing(s) dry and intact. It will be removed 1-3 days after surgery
- **A Chin Sling** is worn for 1 week day and night, except when showering, plus an additional 3 weeks, while at home and at night for sleep. Use a folded gauze over incisions behind the ears to avoid irritation from the sling
- **Shower on Post-op Day 3** (Day 1 is the day after surgery). Clean ALL areas with a mild soap and water and pat dry well
- **Apply Antibiotic Ointment** to all sutures 2-3 times/day to keep moist
- **Apply Aquaphor Ointment** to other areas of face ONLY if TCA Peel is performed
- Sutures are removed 7-10 days after surgery and 2 weeks after surgery for a facelift, *apply sunscreen SPF 30 daily for at least 6 months*
- **DO NOT WEAR ANY MAKEUP** of any kind (eyeshadow, mascara, etc.) until all sutures are out and skin is healed from TCA peel, if performed

With Blepharoplasty:

- **No dressing is applied**, however, your eyes will have ointment on them so your vision may be blurry
- For the **first 24 hours**, apply gauze soaked in ice water on eyelids several times a day, Soak/ring out excess water/apply (to help the swelling)
- **Apply antibiotic ointment/ Lacri-lube Ointment** to eyes every night at bedtime
- **Apply Artificial Tears** to eyes every 4 hours while awake
- DO NOT wear contact lenses for 2 weeks

SLEEP/ACTIVITY

- **Sleep** with your **head elevated 30-40 degrees** for one week. A recliner is ideal but elevating your head and shoulders on pillows is also acceptable
- **No bending over or lifting** in excess of 8 pounds or exercising (other than walking indoors) for 3 weeks
- **Full physical activity** may be resumed 3 weeks post-op

WHAT TO EXPECT

- There is usually little actual pain, but you may experience tightness as a result of swelling and the face may seem heavy. Maximum discomfort should occur in the first few days
- Numbness and tingling are expected and sensation gradually returns in 3-4 months
- A large amount of swelling and bruising is expected, but varies from person to person

With Blepharoplasty:

- Initially, your upper eyelids may not close entirely when you sleep and your eyes may be “gummy” for the first week
- You may experience excessive tearing, sensitivity to light and double or blurred vision for the first few weeks
- Expect swelling, bruising, tightness of the lids and dryness, burning, itching of the eyes

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