



# Capitol Plastic Surgery

Dr. Sal Ashruf

Board Certified Plastic Surgeon

## **FACE LIFT INSTRUCTIONS**

(IN ADDITION TO THE GENERAL INSTRUCTIONS)

### PRE-OPERATIVE INSTRUCTIONS

- Do NOT smoke at least 4 weeks prior to surgery
- Do NOT take ASPIRIN or aspirin-containing products
- Do NOT color, perm, or chemically treat your hair 2-3 weeks before or after surgery
- Please shower or shampoo your hair the evening before and morning of surgery
- Please have your prescriptions filled prior to surgery

### POST-OPERATIVE INSTRUCTIONS

- Keep the head of your bed elevated at all times, avoid flexing the neck with pillows, you may allow your neck to extend slightly and raise your chin
- Apply iced gauze pads to the cheek and neck areas to reduce swelling for the first 48 hours
- Avoid use of the telephone to the ear, speakerphones are acceptable
- Do NOT take pain medication on an empty stomach, this can increase nausea
- Swelling is to be expected, especially in the cheek and perioral areas, this will maximize by 48 hours
- You may shower and gently wash the incisions the morning after your surgery; wash your hair with a mild shampoo
- Do NOT engage in strenuous exercise and vigorous aerobic activity for 4-6 weeks.

Walking and gentle exercise is permitted

- Sutures will be removed over a 5-10 day period
- Please do NOT drive until instructed by your physician

### **NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

- **One side of your face is larger than the other**
- **If you develop a temperature above 101.5° F**
- **If you develop redness (like a sunburn) on your face**
- **If you develop pimple-like sores on your face**

**PLEASE CALL THE OFFICE AT (410) 590-4313 IF YOU HAVE ANY QUESTIONS OR PROBLEMS**