



MICHAEL J. BROWN, M.D., P.L.L.C.
Aesthetic Cosmetic Plastic Surgery

Face Lift Pre-operative Instructions

Please avoid smoking and the medications on the list we provided.

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

Please shower and shampoo with dilute antiseptic soap 1 to 2 nights before surgery.

You should have your prescriptions filled prior to surgery.

Face Lift Post-operative Instructions

Keep the **head** of the bed **elevated** at all times, **avoid flexing neck** with pillows.

Please remember '**elbows on knees**' for reading, writing, eating, and watching TV.

After surgery, please start with sips of clear liquids and advance diet as tolerated.

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.

If you like, you may be out of bed with assistance, on the day of your surgery.

It is normal to have some swelling. This usually maximizes at 24-48 hours.

Laughing and squinting reduce swelling, yawning and head turning do not.

You will have dressing changes the first two days after surgery.

You may sponge bathe, however, please do not get your dressings wet.

Afterwards, your hair may be shampooed daily during the first week.

Please do not perform strenuous aerobic exercise for five to six weeks. You may walk.

Your sutures will be removed over a five to ten day period.

Please do not drive until after your post-operative visits.

Notify the office if you experience any of the following:

- if one half of your face appears much bigger than the other.
- a temperature above 101.5° F.
- if you develop redness (like a sunburn) on your face

Please call the office, if you have any questions or problems.