



Facelift Instructions

General: You can expect to need 2 weeks off from work.

Pre-operative:

1. Three weeks before surgery, make sure you have discontinued all medications that are associated with increased bleeding. These include aspirin, ibuprofen, aleve, Plavix, Coumadin/warfarin, vitamin E, fish oil, xarelto, eliquis. If you are on any of these medications you must let Dr. Wilson and his staff know. You may take Tylenol and extra strength Tylenol only.
2. Patients must be non-smokers. If you are a smoker you must have stopped smoking for six weeks before any surgical procedures will be performed. Nicotine products may be used to aid in smoking cessation, but must also be stopped prior to surgery. You may be asked to complete a blood test to check the circulating levels of nicotine in your system prior to surgery.
3. We recommend you purchase arnica tablets and begin them one week prior to your procedure and continue for the week following the procedure. These are available at our online dispensary or at your local health food store.
4. If you have high blood pressure, let Dr. Wilson know. He will have you take a medication called clonidine the morning of your procedure to help control your blood pressure.
5. You must have someone drive you to and from your surgery . You must have an adult to help you for the first 24 hours. If you do not have someone to help you, the office can help you coordinate a nurse or assistant.
6. Dr. Wilson will prescribe you your pain medication the day of the procedure.
7. Do not eat or drink anything after midnight the night before surgery. If you have a medication you must take in the morning, take with a small sip of water. Shower the morning of surgery making sure there are no traces of makeup left on your skin. Do not apply moisturizer or anything to your face the morning of surgery and do not wear contact lenses. Please wear comfortable clothing that either zips or buttons in the front.
8. If you have hair long enough, please place your hair it in a tight ponytail the day of your surgery.

Post Operative: First 48 Hours

1. The day of the procedure you may have two drains. These drains assist with preventing any fluid collections. You will empty these drains as demonstrated by the nurses. Record the output every 4 hours.
2. Notify Dr. Wilson if you have any increased bruising or asymmetrical swelling of the face. This may be a sign of bleeding.
3. You will have a head wrap that is placed in the operating room and a piece of foam support at your chin. Leave this in place until you see Dr. Wilson the day after your surgery. Dr. Wilson will remove the head wrap and the drains the day of your follow up.
4. To improve swelling, keep your head elevated while you sleep. Avoid lifting anything heavy, straining or bending down as this can cause pressure on your incisions. Get up and walk around from time to time this will help your recovery.
5. Avoid eating hard crunchy foods. Choose soft foods and cut your food very small. It is important to drink plenty of liquids and do not take medications on an empty stomach.
6. Take pain medications as prescribed. Only take the medications as needed. Do not take ibuprofen, aspirin or Aleve.
7. Do not use ice unless specifically instructed by Dr. Wilson or his staff.
8. Resume a regular diet. If the first night you do not feel up to eating, ensure you take in plenty of fluids. Do not take medications on an empty stomach.

Post Operative: 2 days to 2 weeks

1. Your stitches will be removed in front of your ears one week following surgery; the staples and remaining stitches behind your ears will be removed two weeks after your surgery.
2. Resume a regular complete diet.
3. Refrain from exercise for two weeks at which point you can start light activities. No heavy exercise for six weeks.
4. Sleep with your head elevated as much as possible.



Facelift Instructions

5. Wear your post procedure garment for at least two weeks 24 hours a day and then wear at night for a total of 4 weeks more. This is critical to maintain your result.
6. You can resume your Aspirin and other medications associated with bleeding risk one week after your procedure.
7. Do not hesitate to call the office with any questions.

In case of an emergency please contact the office at 603-294-4526.