

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



RHYTIDECTOMY (FACELIFT) POST-OPERATIVE INSTRUCTIONS

1. **Keep head elevated with at least two pillows or sit and sleep in a recliner chair.**
2. Take post-op medication and vitamins as directed.
3. Do not self medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating physician after surgery. Self-medicating could lead to drug toxicity or death.
4. Keep head dressing dry and in place until the doctor or nurse give you further instructions.
5. **Do not bend down. No heavy lifting or exertion for 2 weeks following surgery. Do not push, pull or lift more than 10 pounds.**
6. A soft diet is advised to help avoid excessive chewing.
7. We will remove your head dressing. After this, you may wash your hair daily. Do this with warm water and have the water run away from your face. Towel dry gently. Use a wide toothcomb. A cool dryer is permitted after the fifth day.
8. Cleanse your incisions with Q-Tips and hydrogen peroxide twice daily for two weeks or until the stitches are removed.
9. As healing progresses, there will be tingling, tightness and possibly some stiffness. There may be some swelling and bruising. This will disappear in a few weeks. There will be some numbness. This is normal. Do not worry.
10. Please keep all scheduled post-op appointments.

{INITIALS} Initials

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RHYTIDECTOMY (FACELIFT) PRE OPERATIVE INSTRUCTIONS

<PersonallInfo.FullName> is scheduled for surgery
on <TF.ProcAppt.Date>at <TF.ProcAppt.Time>
at Cosmetic Surgery Institute of Palm Desert, 73-710 Alessandro Drive,
Palm Desert, California.

1. All financial obligations must be fulfilled before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Please check that you have received a copy of your prescriptions.
4. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) two weeks prior to surgery.
5. If you take any medications on a routine basis, please continue to do so, but advise the doctor and his nurse so they can tell you what to take the day of surgery.
6. **You cannot drive yourself home.** Please have a responsible adult pick you up and stay with you for the first 24 hours. Please leave the name and phone number of the person picking you up at the front desk.
7. If you color your hair, do so 3 or 4 days before surgery. You will have to wait for 4 to 6 weeks after surgery to do it again.
8. **Do not** take your pain medication until after surgery.
9. Please do not consume alcohol 48 hours before surgery and post- operative until antibiotics are finished.
10. Do not wear any jewelry or bring any valuables. Please leave these at home.
11. **Do not wear contact lenses.**
12. The day before and the day of surgery shower with an anti-bacterial soap, wash face, neck and chest. Do not apply gels, hair spray, etc. Apply nothing to your face. Come in with skin clean and dry. Men, please shave the morning of surgery.
13. Wear comfortable loose clothing that buttons in the front. Wear flat shoes that are easy to put on.
14. If you smoke, **please** try to cut down or stop at least two week before surgery. This will help your body heal at a better rate.
15. **Do not eat or drink after midnight the night before surgery.**

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