



Colorado *Facial*
Plastic Surgery
Mario Imola, MD, DDS, FRCSC, FACS
David M. Kowalczyk, MD, MBA
Creating Beautiful Faces

Aesthetics by Design
Creating Beautiful Skin

FOREHEAD LIFT AND BLEPHAROPLASTY

PATIENT INSTRUCTIONS

Before Your Surgery

- Discontinue the use of any aspirin or similar non-steroidal antiinflammatory drugs (Ibuprofen, Motrin, Naproxen, Advil etc.) for a minimum of 2 weeks prior to surgery. These drugs promote bleeding. Tylenol is allowed prior to surgery.
- Discontinue smoking for a minimum of 3 weeks prior to surgery and for 3 weeks after surgery.
- Arrange for transportation to and from the surgery center.
- Arrange for somebody to be with you continuously for at least the first 24 hours after surgery.
- Fill medication prescriptions and obtain necessary supplies: Hibiclens, Q-tips and baby shampoo.

Night Before Surgery

- Wash face and shampoo hair using Hibiclens.
- DO NOT EAT OR DRINK ANYTHING FOR 8 HOURS PRIOR TO SURGERY (you may use small sips of water to take medications). * * if going to surgery center** If procedure is in office and you are NOT having IV anesthesia you may eat prior to your procedure.

Morning of Surgery

- Take all your regular medications and any preoperative medication as prescribed with small sips of water.
- Wash face again with Hibiclens. Do NOT apply lotion to face.
- Remove contact lenses.
- Bring sunglasses to wear when leaving.
- Wear loose, comfortable, warm clothing.
- Do not drive yourself to the surgery center.

After Surgery

- FOLLOW UP-- Appointments should be made for 5-7 days post surgery.
- COLD COMPRESS-- Apply a cold compress to the forehead and over the eyes. Fill a glove with frozen peas and apply for 20 to 30 minutes, then remove for 30 minutes.
- WOUND CARE— *Upper eyelids*- Lightly clean the incisions with salt water in the morning and at night. Use a Q-tip moistened with Bacitracin ointment on incision taking care to not get any the eyes. First three days after surgery use a wash cloth to wash face, be very gentle; however, do not pull on the skin around the eyelids while washing the face. After washing, gently dab your face dry with a clean towel. Salt water recipe- 1 Tbsp. salt to 8 oz. of water.
Brow Lift- use hydrogen peroxide and water to clean incisions, morning and night. Use a Q-tip to apply bacitracin on incisions. Keep incisions moist until post op appointment. Be gentle when washing face, do not pull or tug.
- BATHING AND SHOWERING-- Bathing can begin the first day following surgery from the neck down. Showering and shampooing (with baby shampoo) is permitted daily starting after the third day following surgery. Lather the scalp very gently as forceful manipulation may dislodge the repositioned forehead and brows.
- ACTIVITY, WORK AND EXERCISE-- Restrict yourself to bed rest for the first 24 hours, getting up as necessary to use the bathroom. Activity can very gradually progress over the next several days. Normal day-to-day activities can be resumed after the first week by gradually building up. Avoid bending over at the waist, picking up heavy objects or similar physical exertion for the first week as over-exertion can lead to bleeding. Avoid stressful emotional situations as crying can lead to increase swelling. In most cases, work can be resumed by 10 days to 2 weeks. At that time there will still be some minor swelling and bruising which can be covered with makeup.
Strenuous physical exercise should be avoided for the first 3 weeks. After 2 weeks you may resume light exercise approximately 50% of normal.
- SLEEP-- Sleep with the head of bed elevated for 1 week. The use of 2 pillows should be sufficient. This aids in minimizing swelling.
- SUN EXPOSURE – Any operated part of the face is particularly susceptible to sun exposure and severe reactions or burns will occur with much less exposure than non-operated sites. Therefore, it is imperative that the face not be subjected to any significant sun exposure for up to 6 months following surgery. If you go out

into the sun we ask that you wear hats and/or apply sunscreen with 45 SPF block or greater.

- **MEDICATIONS** – Prescriptions for the following medications will be given to you at your preoperative visit so that you can fill them prior to surgery
 - **Pain medication** – A narcotic analgesic to be taken as directed and needed.
 - **Antibiotic** – To prevent any infection. You must take them until they are gone.
 - **Antinausea medication** - To help with any nausea you might have.
 - **Steroids** – To minimize swelling a tapering dose of prednisone is used.
 - **Eye drops** – Antibiotic eye drops (Tobradex) should be used for the first 10 days or until Dr. Imola tells you to stop, 3 times a day.
 - **Replacement tear eye drops**-- To minimize dry eyes (Isotears) should be used as necessary during the day, and ointment, (Lacrilube) at bedtime.
 - **Homeopathic Medicine**-- May be prescribed and should be used as directed to help reduce swelling & bruising (Sinnech, Arnica).

- **CONTACT LENSES AND GLASSES**-- Do not wear contact lenses for the first week following surgery. Afterwards, contact use can be resumed if approved. Use care when inserting the contacts and do not pull forcibly on the eyelids when inserting.