



Dr. Ramin Behmand | 204 23<sup>rd</sup> Avenue North, Nashville, TN 37203 | 615-576-3232

## Facelift Pre/Post-operative Instructions

### General Information

- If you are a smoker (cigarettes or vaping) or use nicotine supplements, gum, or patches, it is very important that you stop at least 4 weeks prior to surgery. Smoking or using nicotine products can prevent blood flow that is vital for recovery after any surgery.
- It is best to stop any vitamin/medication such as Aspirin, NSAIDS (ibuprofen), Fish Oil, Vitamin E, ADD/ADHD medications and any diet pills/supplements- 1 week prior to surgery and 2 weeks after surgery. These will thin your blood. **Tylenol is ok to take if needed.**
- Make sure you have your prescriptions filled and waiting for you at home prior to surgery.
- It is important to have someone with you at home for the first 24-48hrs after surgery. You may feel groggy from the anesthesia and the pain medications.
- Do not eat or drink after midnight the day before surgery
- Wear something comfortable-a shirt that either buttons or zips in the front and pants that are easy to put on.
- Do not take pain medications on an empty stomach. Eat a light snack 30 minutes prior to taking pain medications. If you find you are nauseous after taking the pain medication, take your nausea medication 30 mins prior to your next pill and this should help.
- Try to stay on top of your pain at first after surgery. Taking your medication as prescribed at first will make for an easier first week after surgery.
- Do not drive or operate heavy machinery while taking pain medication. If you are still taking narcotics by the time of your first post-op appointment, then have someone drive you.
- Constipation is common after surgery from the pain medication and the anesthesia. It is safe to take Mira Lax or Colace after surgery to help prevent this. If you have no improvement after 7 days, please notify the office.
- Stay hydrated and move around as tolerated after surgery. Light walking is ok. Be careful when you change positions from sitting to standing as this may cause lightheadedness.
- Take frequent deep breaths, pump your feet and ankles intermittently, as tolerated, while sitting/laying to help prevent blood clots.
- No strenuous activities, heavy lifting, straining or activities that would elevate your heart rate after surgery until cleared to do so by Dr. Behmand
- Have soft foods available at home to eat for the first week. Soups, protein shakes, Jello and soft things such as mashed potatoes are all good choices. A light diet is best the day of surgery. Begin by taking liquid slowly and progress to soups, Jello and soft foods.

### **What to expect**

After surgery you will have a gauze bandage wrapped around your head and you will have drains. We will remove these on your first post-op appointment or Dr. Behmand will remove your drain if you are spending the night in the hospital.

- You will have drains after surgery. The hospital will teach you how to care for and empty these. hospital will give you a log sheet to keep track of how much drainage you are having. It is important to bring these logs with you when you come in for your post-op appointment.
- Swelling, bruising, pain, and discoloration are all normal. Your ears will be sore after surgery. Be gentle with them. Your face and neck may also feel very tight after surgery, this is also normal. You will also experience areas that feel numb for a while after surgery. These symptoms typically peak 3-4 days after surgery then decrease from there.
- After surgery you will need to keep your head elevated. Do not bend your head upside down, and try not to flex the neck too hard. Be mindful of how you turn your neck and your head movements after surgery, turning your head gently.
- You will need to sleep with your head elevated after surgery. You may place 2 pillows behind your back or sleep in a recliner. Some patients find a travel pillow helps protect the ears. Sleeping elevated helps with swelling.
- If you have your hair colored- you will want to color it right before surgery. You cannot color your hair for 4 weeks after surgery.
- A temporary thinning of the hair along the incision lines can occur. This should grow back over time.
- We will let you know at your first post-op when it is ok to shower. You may sponge bath until then.
- Have a deep conditioner and wide tooth comb at home to help the first time you wash your hair as hair can sometimes become matted after removing dressings. **Be very gentle when washing and combing hair.**
- You will return to the office 1-4 days after surgery for your first post op appointment. At this time, we will remove your dressing, clean your ears, remove your drain, and apply another light head wrap if needed based on swelling.
- We will remove your sutures and staples 6-7 days after surgery.

### **When to call our office:**

- If you develop severe shortness of breath, chest pain or are experiencing a medical emergency, call 911 and then notify your physician
- If you develop a fever of 101.4 or higher
- If your pain medication stops working
- If you have markedly increased pain, bruising, swelling or bloody drainage
- If you develop leg swelling or pain
- If you have persistent nausea or vomiting
- If you are uncertain about a medication or treatment
- If you are experiencing any adverse symptoms or changes that you do not understand
- If you have ANY questions or concerns

**Dr. Behmand's Office Phone Number: 615-576-3232**

If it is after office hours when you call, push one when prompted and you will be transferred to the answering service who will notify the person on call to call you back. Please do not email with medical questions, medical concerns or during a medical emergency as our email is not monitored after business hours or when we are seeing patients.

Signature and Date \_\_\_\_\_