

## **FACIAL AESTHETIC SURGERY**

### **BEFORE YOUR SURGERY**

Before your aesthetic facial surgery, Dr. Pautler will ask you to do the following:

1. Avoid aspirin or ibuprofen types of drugs for two weeks. These drugs interfere with blood clotting. Alka Seltzer, Anacin, Ascriptin, Bufferin, Fiorinal, Dristan, Excedrin, Midol, Sine Aid, Sine Off, and Percodan all belong to this family, so don't take them. Tylenol is okay. Please refrain from taking any Vitamin E or fish oil for six weeks before your surgery!
2. **STOP SMOKING** for at least six months prior to a facelift and six weeks prior to a blepharoplasty and six weeks after surgery. **NO EXCEPTIONS!** You should cease smoking altogether for your general health. Nicotine impairs circulation and could adversely affect your wound healing capacity. Cigarettes contain nicotine, a powerful substance that decreases blood circulation especially in the areas that need it the most: surgical wounds. Wound healing is slowed, infection risk is increased, and recovery from surgery may be prolonged. Nicotine containing chewing gums, patches and electronic cigarettes are as harmful as cigarettes, so please do not use them. If you absolutely cannot curb your smoking, Dr. Pautler asks that you be honest about it and let her know because she may need to alter her surgical plan for you.
3. Arrange for someone to drive you to and from the hospital or surgery center. You should also have someone stay with you the night of the surgery to make sure you are comfortable and doing well.
4. If you are having surgery in the hospital, nothing to eat past midnight the day before your surgery. If you are having surgery in our office, disregard this.
5. Arrange your bed with pillows to prop up your back after surgery. You will need to sleep with your head elevated for the first few nights. Recliners come in handy if you have one.
6. Make sure your freezer works for ice!
7. Discontinue the use of birth control pills and/or hormone replacement therapy two weeks before surgery. Resume taking the birth control pills and/or hormone replacement therapy one week after surgery.

### **AFTER YOUR SURGERY**

After your surgery, you will be quite bruised and swollen. Your eyelids will be very swollen if you've had surgery on them and it may be difficult to see. If you've had a facelift, it will be uncomfortable to do a lot of talking when you move your mouth. A brow lift may give you a headache. This is all normal and temporary. Things to keep in mind:

1. Take your pain medications on a regular basis to maintain a steady level of pain control and take them with food, if possible.
2. Sleep with your head elevated for the first three nights and avoid bending over and lying flat.
3. Drainage from various incisions is normal for the first three days. At first, it will be bloody, but eventually it will lighten to a clearer fluid. Dab gently with gauze or a light dressing can be placed until the drainage stops.
4. You may have a large head dressing placed by Dr. Pautler and/or white surgical tape on your eyelids. Do not remove them unless Dr. Pautler says you can.
5. Strenuous exercise should be avoided until three weeks after your surgery.

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6. Areas on your face may feel numb, since the nerves in the skin will have been severed during the surgery. A lot of this sensation returns in time, but before this your face may *feel* large (like your lip when the dentist numbs your teeth) and this is normal.
7. Eyes may tend to get dry after facial surgery. Liberal use of artificial tears will prevent scratchiness and discomfort. No Visine please!!
8. NO SMOKING WHATSOEVER!!
9. Apply ice cold compresses to your eyes and face as needed.
10. Dr. Pautler uses small drains for each side of the face for facelifts. These will be removed the next day with the first dressing change.

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