

**BEFORE YOUR SURGERY**

1. Stop the use of diet pills and/or diet products and **all** multivitamin pills 2 weeks prior to surgery. You should observe a well-balanced diet prior to your surgery.
2. 2 weeks prior to surgery discontinue the use of all aspirin or aspirin containing products, vitamin E, Ephedra (Ma-huang), Ginkgo Biloba, Ginseng or St. John's Wort. You may take Tylenol (acetaminophen).
3. Discontinue consumption of alcohol for 1 week prior to surgery.
4. Discontinue smoking a minimum of 4 weeks prior to surgery. Studies have shown that smoking prior to surgical procedures adds increased risk to your anesthetic and decreases your ability to properly heal.
5. If requested by Dr. Pogue, obtain a physical examination from your regular physician 2-6 weeks prior to surgery. The examination may include the following laboratory tests: CBC, chemistry panel, BUN/creatinine, urinalysis, PT/PTT, and an electrocardiogram. **We must receive these test results and a letter of clearance from your physician no later than 1 week prior to surgery or you may be at risk for cancellation of your surgery.**
6. You may be requested to undergo an eye exam if having eyelid surgery. Your ophthalmologist or optometrist may perform this important exam that test visual acuity and overall eye health. **We must receive these exam results no later than 1 week prior to surgery or you may be at risk for cancellation of your surgery.** Previous eye exams within the past 12 months are acceptable.
7. Many facial cosmetic procedures are performed through small incisions within the hairline. If you color your hair, you should do so up to 3-5 days prior to surgery. You should not use hair-coloring solutions for approximately 4 weeks after surgery in there are incisions near your hairline or scalp.
8. We suggest you purchase ahead of time the following items: a gentle cleanser such as Avene Tolerance Cleansing Lotion (available for purchase at The Pogue Center) to wash your face with after surgery, flexible straws to drink with, mild stool softener such as Miralax (since the pain medications are usually binding), mild hair products to wash your hair with (J&J baby shampoo), and any regular lubricating eye drops made by Boston, Genteel or Bausch and Lomb (if having eye procedures). Have at least 3 pillows for positioning yourself with after surgery, including one at the base of the spine and one under the knees. Please see page 4 of these instructions for a few items that will be needed to clean your wounds after surgery.
9. **The only surgery site you will be able to apply ice to after surgery is around the eyes.** If you are not having eyelid surgery, you do not need to apply ice to any area of your face after surgery. 2 bags of frozen peas distributed into 6 sandwich-sized self sealing storage bags make excellent ice packs for the eyes that may be stored in the freezer and alternated when no longer cold.
10. **You may not have any solid food within 6 hours of surgery.** You may have clear liquids (eg. water, fruit juice without pulp, carbonated beverages, clear tea or black coffee - avoid milk products) up to 2 hours prior to surgery. Please see anesthesia pre-operative instructions for additional details.

### **ON THE MORNING OF SURGERY**

Before coming to the office wash your face and neck with any anti-bacterial soap, (Dial, Safeguard etc.) which may be purchased without prescription. Please shampoo your hair with your regular shampoo. Conditioner may be used after shampooing, but do not apply gels, setting solutions, or sprays. Do not style your hair after washing it. You may blow dry your hair straight or just let it dry naturally. Do not wear makeup the day of surgery. A light moisturizer may be used.

1. Wear loose fitting clothing on the day of surgery. Clothing should not pull over your head and should open either in the front or back. Do not wear high heels, flip-flops, panty hose or other constrictive clothing. Do not wear any jewelry; leave all valuables at home.
2. You will need to provide for transportation to and from the office on the day of your surgery. We can provide updates on your surgery finishing time for your ride if desired. For most surgeries, please arrange to have someone stay with you for the first 24 hours after surgery.
3. You should take your regular medications the morning of surgery with a small sip of water unless otherwise instructed. Do not take any pain relievers (Aspirin, Advil, Celebrex, Naprosyn, Aleve etc.)

### **IMMEDIATELY UPON ARRIVING HOME AFTER SURGERY**

**Position:** Lie down on a couch or bed with your head and neck above your heart. Your neck and upper back should be supported with pillows. It is important that your chin is upright and not close to your chest. Placing too many pillows directly behind the back of your head causes your chin to touch your chest (tucked down position) and may impair blood flow or distort your dressings. You should sleep in this position for 2 nights after surgery. You may sleep in your normal position the 3<sup>rd</sup> night after surgery.

**Dressings:** Do not remove bandages unless otherwise instructed. These will be removed in the office on your first post-operative visit. Small amounts of blood on the dressing are normal. Call if you have questions about bleeding.

If you've had a facelift procedure, you may have small "drains" beneath the skin behind your ear. A drain is the size of a cocktail straw and placed behind your ears to remove small amounts of blood from the surgery site. They help prevent bruising and swelling. The drains are attached to racquetball sized reservoirs and pinned to the outside of your dressing on the right and left. They do not require any care, are painless and typically removed in our office the day after surgery.

**Ice packs:** Ice packs (frozen peas in medium sized self seal bags) may be applied on or around the eye area. This will lessen the amount of swelling, bruising and pain. If no bandages are present, place a thin washcloth between the skin and the ice pack to protect the skin. Use ice for up to 30 minutes, 4-5 times a day for the first 24 hours.

**Medications:** Take pain medication if needed with food or crackers. If you were prescribed and antiviral agent for cold sore prevention (zovirax or acyclovir) please take these pills today as recommended. Antibiotics may start when you get home after surgery and had an opportunity to eat. Follow dosing instructions on prescriptions.

Avoid aspirin containing products for 1 week after surgery. Begin anti-swelling medication (dexamethasone) beginning one day after surgery.

**Eye care:** If you have had eyelid or eyebrow surgery, you may experience difficulty closing your eyelids all the way. This commonly results in dry, itchy eyes or “dry eyes”. Use plain, lubricating eye drops made by Boston, Genteel or Bausch and Lomb during the day to alleviate these symptoms until your ability to close your eyelids completely improves. Use thicker salves (such as Refresh PM) placed on the inside of the lower lid to protect the eyes and prevent discomfort while sleeping overnight. You may need to use eye drops/salves to relieve dry eye symptoms for a few days to several months after surgery.

**Diet:** Upon arriving home from surgery, begin with clear fluids until fully awake, then begin regular food intake with soft foods.

**Activity:** Minimal activity for 24 hours after surgery. You may walk around the house, or upstairs for bathroom or food, but try to relax in an upright (beach-chair/recliner) position. **DO NOT** exert yourself as this may cause bruising or a hematoma. We know you are busy, but please relax today!

### **THE DAY AFTER SURGERY (and for the next two weeks):**

**Activity:** Walking to mailbox or down the street while wearing sun protection and a hat is ok beginning 1-2 days after surgery. Avoid bending over, yoga or lifting heavy objects for 2 weeks. Strenuous activities (jogging, sex, lifting weights, sit-ups, swimming, golf, etc.) should be avoided for 3 weeks. Massages may be received after 4 weeks.

**Work:** Most people plan to go back to work about 2-3 weeks after surgery. You should feel good, all of your stitches will be out, your bruising will be fading and remaining swelling should be minimal.

**Make up:** Unless you have had a chemical peel or laser skin resurfacing, cosmetics may typically be applied on one week after surgery. Avoid placing makeup directly on incisions. Please ask Dr. Pogue or staff when you may apply makeup.

**Bathing:** You may shower once dressings and bandages are removed, approximately 24-48 hours after surgery. Remember to use a gentle cleanser (available for purchase at The Pogue Center) on the face. Water, cleanser and shampoo may run over sutured areas. Dry wounds after showering and apply Aquaphor or Vaseline as directed. You may bathe if desired, but do not submerge your head and neck area.

**Hair care:** You may wash your hair 24-48 hours after surgery. Do not bend over to wash your hair as this may cause bleeding or swelling to occur. Use low or medium heat on your hair dryer, high heat or rollers should not be used for 3 weeks. Some of the sensation in your facial area may be less than normal after surgery; this could lead to unexpected burns. You may use color on your hair 3 weeks after surgery.

If your surgery does not involve incisions in or near the scalp, you may resume all normal hair care routines the day after surgery.

**Apparel:** If you have had surgery around the earlobes (e.g. facelift), do not wear earrings and be careful when pulling anything over your head to avoid putting stress on sutured ears for approximately 3 weeks. Small earrings (studs) may be worn after 3 weeks. Large earrings may be worn after 6 weeks.

**Medication:** Begin taking the anti-swelling medication (Decadron) and antibiotic if prescribed. Take antibiotics, antiviral medication (if prescribed) on a regular schedule. Pain medication and eye lubricating agents as needed.

**Diet:** Eat regular, but soft meals. Drinking plenty of fluids is very important. You will need proper nutrition to help with healing. You may begin taking your regular vitamins again 3 days after surgery.

**Sun:** Protect your facial skin from exposure for three months after surgery. Use a daily broad-based sunscreen with SPF 30. If you have had a chemical peel or laser resurfacing of your skin, please ask Dr. Pogue or staff when you may sunscreen (typically 4 weeks post procedure).

**Bruising:** Bruising is normal and should be expected. Don't worry – it will begin to fade 5-7 days after surgery and should be gone completely 2-3 weeks after surgery. Bruising may extend to the chest area for procedures that involve the neck area.

You may begin taking bromelain (extract of pineapple) or Arnica Montana (extract of a flower) tablets to assist with bruising resolution. Follow packaging instructions. Do not take these homeopathic products prior to surgery.

**Patience and sense of humor:** These are most important! Use all support people you have to help you through this challenging time. We will be closely monitoring your progress at each post-op appointment and will make any changes to these instructions as needed.

### **CARE OF SKIN SUTURES/STITCHES AFTER BANDAGE IS REMOVED**

**Do not clean any sutures the day of surgery** – this will increase bleeding. You may begin cleaning your sutures/stitches after you see Dr. Pogue or staff **the day after surgery**. Do not remove any of your sutures – we will do this for you. Some stitches will be removed 5-7 days after surgery and others will be removed 10-14 days after surgery.

Supplies needed:      Aquaphor or Vaseline  
                                 Cotton tipped applicators (Q-Tips)  
                                 3% Hydrogen Peroxide (new bottle)

- a) Mix 1 Tbsp. peroxide with 1 Tbsp. tap water in a small container (a 50:50 mixture). Discard after use, do not save mixture. Full strength peroxide will irritate the skin.
- b) Use cotton tipped applicators dipped in the peroxide mixture to clean all blood and material from the incisions **once** a day. Clean incisions from end to end. Cleaning incisions 2-3 times a day causes irritation.
- c) Cover all skin sutures/stitches with a very light coating of Aquaphor or Vaseline 1-2 times daily - do not let any areas dry out or scab over. Do not apply Aquaphor or Vaseline to any sutures/stitches or staples in the hair.

- d) Neosporin, Polysporin and other antibiotic salves have never been shown to better than plain Aquaphor/Vaseline. They are more expensive, cause allergic reactions and may irritate some wounds
- e) Do **not** clean sutures/stitches or skin staples that are in the hair with the mixture or apply ointment. Normal daily shampooing will keep these areas clean.
- f) Do not apply bandages or other materials to the surgical incision unless instructed to do so.

**PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE IMMEDIATELY: 480-515-5400**

- Excessive pain or bleeding
- Itching or rash around sutures or staples Persistent
- nausea or vomiting
- Temperature above 100.0 degrees orally
- Excessive swelling or bruising
- Excessive fatigue or depression

**FAITHFUL ADHERENCE TO PRE-OPERATIVE INSTRUCTIONS WILL HELP TO MINIMIZE SWELLING, PAIN AND DISCOMFORT. IF YOU DO HAVE PROBLEMS, PLEASE DO NOT HESITATE TO CONTACT OUR OFFICE FOR ASSISTANCE.**