

CRUISE PLASTIC SURGERY

180 Newport Center Drive, Suite 150, Newport Beach, CA, Ph: 949-644-4808, Pager: **949-310-8055** Back up: **949-266-4018**

PRE-OP & POST-OP INSTRUCTIONS

TIME FOR SURGERY: 1 TO 2 HOURS

EYELID SURGERY/BROW LIFT

RECOVERY TIME: 5 - 8 WEEKS

BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking at least 6 weeks prior to surgery as nicotine can impair and delay healing. If this is a problem make sure to alert Dr. Cruise.
3. Stop all aspirin containing products, medications that contain blood thinners (Ibuprofen Motrin, Advil etc.) vitamin E and herbal supplements including: St. John's Wort, green tee, Gingko and garlic supplements - 2 weeks prior to surgery. You can take 1 multivitamin a day.
4. Make sure all requested labs and doctor's clearance are delivered to Dr. Cruise's office on time.

THINGS TO PURCHASE BEFORE SURGERY

1. Medications.
2. ScarLess®. ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You can purchase ScarLess® at our office.
3. Gauze. Make sure to have a box of 4x4 gauze. You can purchase at drug store.
4. Mineral Mist adds relief to the skin and promotes healthy healing - purchase at our office
5. Hydrocortisone Cream 1% - over the counter at any drug store.
6. Multivitamin. Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.
7. Artificial Tears. Use as needed for dry or itchy eyes.

Optional:

Coverage Make-up. (before or after) Schedule your complimentary consultation with Molly our Esthetician at TLC Cosmetic, to discuss the best options for camouflage make-up. Mineral make-up is best for promoting healthy healing skin.

Arnica - www.alpinepharm.com (888) 746-3224 - may decrease bruising, or help it to go away faster. Patients with high blood pressure should not take this herb.

DAY OF SURGERY - under local anesthesia

1. Don't eat or drink anything for 2 hours before procedure.
2. Shower and shampoo your hair dry, if possible pull it back into a pony tail.
3. Cleanse your face. Do not wear make-up or moisturizers on your face or eyes.
4. Do not bring any jewelry or valuables with you on the day of surgery.
5. Wear comfortable, loose-fitting clothing. Wear flat, comfortable shoes. Remove contact lenses, dentures and all jewelry.
6. Someone must drive you home and stay with you the first night.
7. Take 1 Xanax and 2 pills of antibiotic 2 hours before. Bring the rest with you.
8. Arrive half hour prior to your scheduled surgery time.

AFTER SURGERY

1. Listen to your body. If you are tired, rest. Discomfort during recovery is often a sign of overexertion.
2. Rest and sleep in a reclined position at approximately 45 degrees. Use ice packs, frozen finely broken up peas or corn constantly for at least the first 3 days, 15 minutes on 15 minutes off. Do not put ice directly onto skin because you will have decreased sensitivity.
3. Avoid direct exposure of incision to sunlight for at least 6 weeks; apply sunscreen (at least SPF 15) to the area of the incision if you will be in the sun for extended periods of time.
4. Do not smoke for at least 2 weeks after surgery.
5. Do not use aspirin-containing products for at least 1 week. You may take Tylenol or pain medication as prescribed.
6. Do not apply any cosmetics for the first 5 days. The day after surgery start applying hydrocortisone 1% to swollen area for 1 week twice a day.
7. Do not put any ointments or creams on incision lines unless instructed by Dr. Cruise. You should start applying ScarLess® on your incisions seven days after surgery. ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You can purchase ScarLess® at our office.
8. Do not do any strenuous aerobic activity for 4 weeks after surgery.

WHAT TO EXPECT AS YOU RECOVER

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1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the next day.
2. Post surgical swelling may temporarily cause the look of unevenness, skin changes, hard spots, and ridges.
3. Most bruising will fade after the second week. After the first week much of the remaining discoloration can be concealed with a cream-based cosmetic.
4. Most stitches will dissolve within 7 days.
5. Pink scars will eventually fade to an unnoticeable color.
6. Your healing incision lines may itch a little. Avoid scratching them. Apply hydrocortisone.
7. Remember not to put ice or anything hot directly onto skin because you may have decreased awareness of temperature damage.

WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following:

- a temperature of 101 or higher,
- increased local redness or warmth,
- chest pain, shortness of breath,
- legs swelling, calf pain
- if you feel that anything might be wrong.

Please call the office @ 949-644-4808 within regular business hours, or page Dr. Cruise after business hours @ 949-310-8055. If either of the previous numbers fails please call our Back-up line @ **949-266-4018**.

POST-OP VISITS AND CARE SUMMARY

Concern Instructions

Fluid Collection	1. The evening after surgery it is important to look if one eye is significantly firmer and swollen than the other. This might represent a blood collection.
Constipation	1. If you are constipated at day 2 stop taking Vicodin or Darvocet. 2. Encourage walking, drink a lot of fluids, consider laxative (Ex-lax or Correctol).
Fever	1. Make sure to cough and deep breaths as fever is usually in lungs for the first 3 days after surgery.
Activity	1. You can take a cool shower the day after. Make sure you have someone helping you. Apply generous amounts of both shampoo and conditioner. Gently wash the entire face with soap and water. Do not try to remove all blood with the first washing. Reapply garment after shower. 2. Walk every hour while awake for the first day and then every 2 hours. 3. Sleep at 45 degree angle for the first 5 nights. 4. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do. 5. You can start exercising at about 4 weeks.
Wound Care	1. Keep surgical area clean and dry at all times. 2. Start applying ScarLess® at one week

Patient Signature

Date

Representative of Cruise Plastic Surgery