

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 - & POST- OP INSTRUCTIONS

TIME FOR SURGERY: 3-5 HOURS

FACE LIFT

RECOVERY TIME: 4-8 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, Ginkgo and garlic supplements - 2 weeks prior to surgery. You may take 1 multivitamin a day.
4. Let the doctor know of all medications taken daily.
5. Let the doctor know if you develop an illness, cold, or any skin infection in the abdominal area within a week of surgery.
6. Arrange for someone to drive you to and from surgery, as well as to stay with you postoperatively to help with activities and daily living, i.e. walking, going to the bathroom. The first night you will most likely stay overnight at either surgery center or recovery retreat; at this point the pick up will be the following day.
7. Make sure all requested labs and doctor's clearance are delivered to Dr. Cruise's office on time.
8. If you color your hair it is recommended to do that just prior to surgery as you will not be able to color your hair until 4 weeks after your operation.

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 may purchase ScarLess® at our office.
3. **Multivitamin.** Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.
4. **Gauze, Alcohol Swabs, Neosporin, and Arnica** will be provided at your pre-operative appointment as a part of your Surgical Kit. *People with high blood pressure should not take Arnica.

Optional

1. **Coverage Make-up.** (before or after) Mineral make-up is best for promoting healthy healing skin and may be purchased directly through our office or at TLC cosmetic.
2. **Mineral Mist** adds relief to the skin and promotes healthy healing - you may purchase at TLC cosmetic.

THE DAY OF SURGERY

1. Do not eat for 8 hours and don't drink for 6 hours before surgery. You may brush and rinse your teeth and take your medication with an ounce of water, but do not eat or drink anything.
2. Female patients only - please do NOT urinate the morning of surgery as a pregnancy test will be administered at the surgery center.
3. Shower and shampoo your hair dry, if possible pull it back into a pony tail.
4. Cleanse your face and especially your ears. Do not wear makeup or moisturizers on your face or eyes. Men should shave their face.
5. Do not bring any jewelry or valuables with you on the day of surgery.
6. Wear comfortable, loose-fitting clothing. Wear flat, comfortable shoes. Remove contact lenses, dentures and all jewelry, and acrylic nails. Leave nails clean and clear of polish.
7. Someone must drive you home and stay with you the first night.
8. Take 2 pills of Celebrex 1-2 hours before surgery.
9. Pack your bag before you leave to the surgery center. This should include:
 - all paperwork
 - reading glasses
 - your identification
 - warm cotton socks
 - all medications
 - saltine crackers in case of nausea during your ride home.
10. Arrive 1-1.5 hours before surgery as instructed during your pre-op appointment.

AFTER SURGERY

1. To prevent nausea, take Zofran as directed.

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2. Listen to your body. If you are tired, rest. Discomfort during recovery is often a sign of overexertion.
3. Rest and sleep in a reclined position at approximately 45 degree angle. Use ice packs 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.
4. Dr. Cruise will remove all dressings the next day. Afterward you may shower with cool water, gently wash your hair, 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 wash. Reapply garment after shower.
5. You must wait one month before coloring or perming your hair.
6. Avoid direct exposure of incision to sunlight for at least 6 weeks. After 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.
7. Do not smoke for at least 6 weeks after surgery.
8. Do not use aspirin-containing products for at least 1 week post operatively. You may take Tylenol or other pain medication as prescribed.
9. Do not apply any cosmetics for the first 5 days.
10. The day after surgery start applying hydrocortisone 1% to face for 1 week twice a day.
11. 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 may purchase ScarLess® at our office.
12. Do not engage in any strenuous aerobic activity for 6 weeks after surgery.

WHAT TO EXPECT AS YOU RECOVER

1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the next day.
2. Remember, the face lift procedure can be an emotional experience as it involves the most visible part of your body. It is not uncommon to become very emotional or sometimes depressed for the first 1-2 weeks. This will go away when the swelling goes away.
3. Post surgical swelling may temporarily cause the look of unevenness, skin changes, hard spots, and ridges.
4. 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.
5. Most stitches will dissolve within 7 days; some might need to be removed at 2-3 weeks.
6. Pink scars will eventually fade to an unnoticeable color.
7. Your healing incision lines may itch a little. Avoid scratching them. Apply hydrocortisone
8. You may experience some numbness for up to one year. 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°F or higher, increased local redness or warmth, chest pain, shortness of breath, legs swelling or calf pain or if you feel that anything might be wrong. The evening after surgery it is important to look if one side of the face is more firm and swollen than the other. This might represent a blood collection; Dr. Cruise should be informed about it immediately. 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
Blood Clot	1. It is important to walk at least every hour while you're awake to prevent blood clotting - do not over do it. Right after surgery you will be instructed to walk around every 1 hour. Avoid stairs. 2. Pay specific attention to Leg Swelling. If you notice swelling on only one leg or calf pain contact the office.
Fluid collection	The evening after surgery it is important to look if one side of the face is more firm and swollen than the other. This might represent a blood collection.

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Drain function	1. Empty drain every 8 hours or when it becomes more than half full and write down amount of drainage. 2. Drains come out at about 2-3 days, depending of amount of drainage.
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	Make sure to cough, take deep breaths, and drink plenty of fluids after surgery to avoid fever like symptoms.
Garment Placement	You will have a big bulky dressing for the first day. You will receive garment at your first postoperative visit. It should be worn continuously for two weeks, except when showering. After 2 weeks it should be worn at night for one month. Make sure that the garment doesn't irritate your skin and is not too tight on your ears.
Activity	1. You may take a cool shower the day after. Hold drain(s) in shower and allow clean water to run over drain entrance into the body. 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 for at least five minutes while awake for the first few days after surgery. 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 6 weeks.
Wound Care	1. Your gauze will be changed at your follow up visit. 2. Make sure your garment is placed correctly. 3. Keep surgical area clean and dry at all times. 4. Start applying ScarLess® ® at one week.

DRAIN CARE INSTRUCTIONS AND LOG

Drain care is required 3 times per day immediately following surgery. Follow these instructions explicitly and record drainage as required, below. **You must do this 3 times per day, and at any time the drainage bag is more than 1/3 full.** You will be required to submit the drain log to Dr. Cruise for your patient record.

1. Wash your hands well with anti-bacterial soap.
1. Open cap on the drain bulb. Pour out drainage into a clean **measuring cup**. Record the amount of drainage and time of day as indicated. Dispose of drainage in the toilet and flush.
2. **Squeeze bulbs tight.** Replace cap.

Once you have measured your fluid drainage, you must **strip the drain tubing**. This is done to prevent small clots from blocking fluid flow.

4. To do this, hold the tubing securely at the skin site with one hand. With the other hand, pinch the tubing between your thumb and index finger and apply firm pressure as you strip the tubing towards the bulb.
4. If the tubing and bulb come apart, wipe the ends with alcohol and reconnect. Squeeze the bulb again and replace cap.

Cleansing the Drain Site

Once per day or as instructed, change gauze around drain sites. Change the gauze more often if it becomes saturated.

Check the skin around the drains for leakage or redness (a slight redness immediately around the tube is not unusual). If there is leakage, begin milking the tubes downward towards the bulb and continue milking every hour until leakage slows down. **Apply Bacitracin/Neosporin around the drain insertion site.** Attach the drainage bag to your clothes so that there is no tension on the insertion site.

Additional Instructions

- Always secure the drain to your clothing so that there is no tension on the drain at the incision site.
- Do not cut the drains.
- Keep tubes connected to the bulbs.
- Check that the bulb is always deflated (or flat).

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Patient Signature

Date

Representative of Cruise Plastic Surgery