

# 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 TEMPLE LIFT

TIME FOR SURGERY: 1 TO 1 ½ HOUR  
2-3 WEEKS

RECOVERY TIME:

### BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
1. Quit smoking at least 2 weeks prior to surgery as nicotine can impair and delay healing.
2. Stop all aspirin containing products vitamin E and herbal supplements 2 weeks prior to surgery as they can cause bleeding & bruising. You may take Tylenol.
3. Let the doctor know of all medications taken daily.
4. Make sure all requested labs and doctor's clearance are delivered to Dr. Cruise's office on time.

### THE DAY OF SURGERY

1. Do not eat anything for 8 hours and drink for 6 before surgery - general anesthesia. Do not eat or drink 2 hours before surgery - local anesthesia.
1. You may brush and rinse your teeth, but do not eat or drink anything - general anesthesia.
2. Shower and shampoo your hair dry, if possible pull it back into a pony tail.
3. Cleanse your face and do not wear makeup 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. If you had it done under general anesthesia someone must stay with you the first 24 hours.
7. Take 1 pill of Xanax the night before surgery for general anesthesia. Take 1 pill of Xanax 1 hour before surgery for local anesthesia. You may not drive under the influence of Xanax.
8. Arrive an hour before the surgery - general, half an hour - local anesthesia.

### 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 of approximately 45°. 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. You may remove all dressings the next day, 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 washing. Reapply bandage after shower.
4. You must wait one month before coloring or perming your hair.
5. Do not smoke for at least 2 weeks after surgery.
6. Do not use aspirin-containing products for at least 1 week. You may take Tylenol or pain medication as prescribed.
7. Do not put any ointments or creams on incision lines unless otherwise instructed by the doctor. After 10 days start applying ScarLess® on your incisions. 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 at a follow up visit.
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9. Be sure to take your medications as directed.
10. Do not do 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 evening.
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. All stitches will dissolve within 14 days.
5. Pink scars will eventually fade to an unnoticeable color.
6. Your healing incision lines may itch a little. Avoid scratching them.
7. You may experience some numbness for up to a year. Remember not to put ice or anything hot directly onto skin because you may have decreased awareness of temperature damage.
8. Temporary weakness of the forehead muscles is not uncommon and it will usually resolve within 3 months.
9. Complete brow symmetry is impossible. Sometimes one brow might be much higher than the other postoperatively. Do not be concerned this will correct itself.

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## 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 100°F or higher, increased local redness or warmth, excessive discharge from the incision line or if you feel that anything is wrong. Please call the office @ 949-644-4808 within regular business hours, or call Dr. Cruise after business hours @ 949-310-8055. If either of the previous numbers fails please call our Back-up line @ 949-266-4018.

## YOUR FOLLOW UP APPOINTMENTS

Please make sure you come in for all your follow up appointments to ensure the best result.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Representative of Cruise Plastic Surgery