

Surgical Patient Information

Review the website pages that apply to the surgery you are interested in and take notes for yourself on questions you would like to have answered. It is very natural to have many questions and forget them when you are with the doctor. We are committed to answering all of your questions and ensuring your comfort with all of your decisions. Therefore, we encourage research and note taking to help you get the information that you need.

Three Weeks Prior to Surgery Patients should:

- Visit your primary care physician and obtain a written release for surgery.
- Start protein loading (1 extra serving per day)
-

Two Weeks Prior to Surgery Patients should:

- Ensure that Dr. Winslow has been informed of all medication allergies.
- Stop taking anything containing: Ibuprofen (Advil); Naproxen (Aleve) Aspirin; Hormone Replacements, Birth Control Pills and Vitamins & Supplements (except Multi Vitamin, Calcium, Vitamin D, Vitamin C, Zinc and Magnesium)
- Tylenol is OK for Pain.
- If you are having a face or browlift considering coloring your hair now, it will be 6 weeks for regular color. You may use Colormark brand (only) 2 weeks after surgery.
- STOP SMOKING AND USING NICOTINE. Do not smoke or use nicotine until one week after your surgery. Nicotine patches and gum should NOT be used during this time, as it interferes with healing.
- Get the prescriptions filled that Dr. Winslow gave you at your pre-operative visit.

The Day Prior to Surgery:

- Begin taking Arnica and continue until one week after surgery- Sinecch-instructions
- Make sure that you have someone available to drive you to and from the surgery.
- Make certain that there is someone to care for you for at least the first 24 hours following surgery.
- Stop Eating or Drinking ANYTHING after midnight prior to your surgery (or 8 hours prior), this includes medications and vitamins unless directed by Dr. Winslow. Please take your normal prescription medications including blood pressure medication with a sip of water the morning of surgery.
- Review your post-operative instructions with your care giver so that all questions can be covered prior to surgery.
- If you are having a full-face peel or any procedures around your mouth, start taking Valtrex
- Call the office with any last minute questions at 317-814-1104.

Day of Surgery:

- Have prescriptions filled and ready
- Take Valium and blood pressure medication 45 minutes prior to arrival
- Take prescription medications including blood pressure medication with a sip of water only (one capful). Do NOT drink any additional water.
- Do Not Wear Make Up, Jewelry, nail polish, no JEANS or button or zip pants
- Wear a loose fitting, button up shirt
- Do not bring/wear: glasses, contacts, dentures, retainers, invisiline braces or any other oral devices on day of surgery.
- No Gel or Acrylic nails

Day of Surgery: After Surgery

- We would like you to focus on pain control on this first day
- Head should be elevated, sleep on back after procedure for one week: six weeks if bones are broken
- If you are having resurfacing make sure your skin is covered in Aquaphor all the way to your neck.
- If you have nasal surgery gently begin your nasal saline spray: No glasses to be worn for 1 weeks, six weeks if have your bones broken

Day 1 After Surgery (Post-op Day 1):

- Start taking antibiotics and steroid dosepak
- Start eating pineapple
- If you are having resurfacing, you will begin your two showers a day, in the afternoon, luke warm water continue Aquaphor application.
- If you have Nasal Surgery irrigate your nose with the Nasal Saline Spray 3x a day for 1 year.

Medications:

- Antibiotics (Typically Keflex): to be taken as directed for the full length of the prescription: begin on the day **after** your procedure
- Pain Medication (Typically hydrocodone/acetaminophen): to be taken as prescribed. We highly suggest taking the narcotics for a minimum of the first 48 hours as directed. Tylenol can be used as needed, but NOT within 4 hours of the narcotic. The narcotic we prescribe has Tylenol, so they may not be taken together.
- Nausea Medication (Typically Zofran): please take the nausea meds any time you feel the need.
- Medrol Dose Pack (Steroid for Swelling): begin on your first day **after** surgery.
- Valium : 45 minutes before your procedure.
- Valtrex : If you are having a peel begin this the night **before** your procedure.
- Celebrex: Begin taking the day after your procedure 1 pill per day/

Things You Will Need To Purchase Prior to Surgery:

- ___ Pineapple (4-7)(or) Bromelain*
- ___ Aquaphor Ointment, Neosporin, Bacitracin
- ___ Straws
- ___ Eye drops (Refresh Plus or Thera Tears) – at least 3 x per day
- ___ Lacrilube Eye Ointment – to protect eyes while sleeping
- ___ Nasal Saline Spray (Ocean Spray) – at least 3 x per day for 1 year
- ___ Baby Shampoo
- ___ Zantac (Ranitidine) 150mg 2 x per day (for itching and acid stomach)
- ___ Benadryl 25mg every 4-6 hours can increase to 50mg at night. For itching and helps pain medicine work longer and better
- ___ Colormark Hair Color (if necessary before 6 wks)
- ___ Distilled White Vinegar
- ___ Distilled Water

___ Non – Adhesive Dressing

Herbal Supplement and Vitamin Instructions

It is very important to let Dr. Winslow or a nurse know if you are taking Herbal Supplements and Vitamins. Although these can offer many benefits, they can adversely affect procedures. Supplements can cause an increase in the length of healing time, and have adverse reactions with anesthesia and pain killers. **A Multi-Vitamin, Calcium, Vitamin D, Vitamin C and Zinc are fine to continue.** Tylenol is the only pain reliever that does not increase bleeding. **Stop taking Ibuprofen (advil, motrin), Naproxen (Aleve), Aspirin Hormone Replacements, Birth Control Pills and Herbal Supplements 2 weeks prior to your procedure.**

POST-OP INSTRUCTIONS

FOR FACE LIFT (RHYTIDOPLASTY), EYE LIFT (BLEPHAROPLASTY), AND BROWLIFT

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Eat fresh pineapple
 - ½ to one whole (core too) pineapple daily, eaten in small amounts. (blender with ice and flavoring or other fruits for a slushy)
 - **Do not combine with a protein (milk, yogurt, meat, etc) (eat pineapple 2 hours before or after protein)**
 - **Rinse mouth after eating**
 - * Bromelain is the enzyme in Pineapple. This can be taken if you cannot tolerate the Pineapple as an additional supplement but pineapple is better, if tolerated
- *If you are prone to constipation, pineapple is usually sufficient. If not, Mirilax (over-the-counter) can be mixed with any liquid and is recommended.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin. Do not take Tylenol with narcotic. If you are not having much pain, Tylenol is OK to take rather than the narcotic.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for several months- may have additional water retention
- If you are taking vitamins with iron, resume these as tolerated.
- **Do not smoke, YOU MUST STOP NO LATER THAN 2 WEEKS PRIOR AND NOT SMOKE FOR ONE WEEK AFTER SURGERY** as smoking delays healing and increases the risk of complications. Nicotine substitution (gum, patches, etc) are NOT allowed as substitutes. Wellbutrin or Chantix are fine; you may see your PCP if you desire a prescription. *Your surgery MAY be cancelled if you have used nicotine in the 2 weeks preceding surgery.*
- For eyelid or browlift surgery, ice across the forehead and eyes is helpful for the first 2-3 days after surgery for 20 minutes on, then 20 minutes off. NOT if you have had a rhinoplasty.

ACTIVITIES

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots. This means to and from the couch, bed, and bathroom NOT strenuous activities.
- Do not drive until 24 hours after surgery AND you are no longer taking any pain medications (narcotics).
- You may tire easily. Plan on taking it easy for the first week.
- **No strenuous activities**, including sex and heavy housework, for at least 7 days.
- **No lifting more than 5 pounds for one week.**
- Return to work in 7-14 days.

INCISION CARE

- You may shower after your dressing has been removed.
- Do not bathe or immerse your incision in water. Avoid steam baths and saunas for several weeks.
- Do NOT put Q-tips or ANYTHING in your ears/nose.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on, if placed during surgery.
- Please do not pull or tug on your earlobe if you had a facelift.
- DO NOT cut or remove any stitches, they are there for a reason.
- Keep incisions clean and inspect daily for signs of infection.
- Keep head elevated; tilt a recliner back or sleep with head on 2 pillows.
- Do not use hair dye or permanent solution until approved by your surgeon.
- You may use cold compresses as directed.
- Hair is generally shampooed on the first postoperative day. Wash your hair with baby shampoo it can be cleaned daily.
- Do not set hair dryer temperature on hot, as you may not have feeling in operated areas.
- You may use makeup after the sutures are removed; new facial makeup can be used to cover up bruising, but not on the incisions. It is important to gently remove all makeup.
- Keep Aquaphor (if a peel was performed) on incisions.
- Use lubricating eye drops like artificial tears, TheraTears or Refresh Plus for the first 1-2 weeks after surgery
- Please do NOT put earrings in until you are instructed to do so.

WHAT TO EXPECT

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Bruising, swelling, numbness, and tightness and tenderness of skin for 10-14 days or longer.
- You may experience tightness in the neck and difficulty turning side to side for 1-2 months.
- Skin may feel dry and rough for several months.
- Face may look and feel strange and be distorted from the swelling.
- Men have a need to shave behind their ears, where beard-growing skin is repositioned.
- Vision may be blurry due to swelling and ointments
- Numbness in the scalp is normal for the first few months after a browlift. Itching commonly occurs as the nerves grow back- Benadryl is very helpful in controlling itching and tingling. If Benadryl is ineffective, call the office for a prescription strength antihistamine.
- Occasionally ingrown hairs will result in the suture line from growth of new hair in the browlift incision; you can have them tweaked in the office if they appear

APPEARANCE

- Pale, bruised and puffy face and/or face for several weeks.
- Wearing scarves, turtlenecks and high-collared blouses masks the swelling and discoloration.
- By the third week, you will look and feel much better.
- Final result is not fully realized for approximately 6-12 months.
- Your brow may appear to be very high for the first week or two but will gradually relax
- Wrinkles in the forehead will be greatly improved with a browlift
- The scowling muscles will be weak after surgery but will grow back; if you want to maintain a wrinkle-free forehead, Botox will be necessary.

FOLLOW-UP CARE

- Sutures dissolve in approximately 7-14 days – **DO NOT CUT THEM**
- Browlift sutures will be removed after 10 days – by the nurse
- You will be seen periodically throughout the healing process for follow ups
-

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light

pressure.

- If you have loss of feeling or motion.

For medical questions, please call:

(317)814-1104 Monday – Thursday 8-430pm Friday 8-1230pm

DURING OFFICE HOURS PLEASE CALL (317)814-1104

Please refer to your written instructions to reach Dr. Winslow after hours.

Triste@IndyFace.com

DrWinslow@IndyFace.com