

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 your decisions. Therefore, we encourage research and note taking to help you get the information you need.

Three Weeks Prior to Surgery:

- Stop Nicotine use of any kind (Cigarettes, cigars, pipe, Vape, electronic device, gum or patch) The use of nicotine before and after surgery can lead to serious complications.
- Schedule your Covid test well in advance to ensure you can get your results back in time. Your surgical planning document has the date it MUST be in the office.

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.
- **DO NOT go out without sunscreen of 50spf on. Reapply every 2 hours. Sun tanned or burnt skin increases the risks of bleeding and complications.**
- If you are having a face or browlift considering coloring your hair now; it will be 6 weeks before regular color. You may use Colormark brand (only) 2 weeks after surgery.
- Get the prescriptions filled that Dr. Winslow gave you at your pre-operative visit.

The Day Prior to Surgery:

- 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. **Caregiver/Driver must be an able-bodied legal adult.**
- 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/Halcion and blood pressure medication 45 minutes prior to procedure.
- **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, Invisalign braces or any other oral devices on day of surgery. Put your hair in a pony tail please**
- **No gel or acrylic nails**

Day of Surgery: After Surgery when you get home

- We would like you to focus on pain control on this first day. **If you need it take 2 pain pills**
- 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 Brow or Eyelift begin eye irrigation at least 3x/day and sleep with eye ointment
- If you have nasal surgery gently begin your nasal saline spray. No glasses to be worn for 1 week, six weeks if have your bones broken.

Day 1 Morning after Surgery (Post-op Day 1):

- Start taking antibiotics and steroid
- Start eating pineapple.
- If you had resurfacing, begin your vinegar pats continue Aquaphor application, Face, Neck & Chest.
- If you have Nasal Surgery irrigate your nose with the Nasal Saline Spray at least 3x a day for 1 year.
- If you had Brow or Eye surgery continue eye drops at least 3x/day

Medications:

- Antibiotics (Typically Keflex or Z Pak): to be taken as directed for the full length of the prescription: begin on the morning after your surgery
- 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 and phenergan): please take the nausea meds any time you feel the need.
- Prednisone (Steroid for Swelling): begin the morning **after** surgery. We recommend that you take half the dose at Breakfast and half at lunch, so that you can sleep at night.
- Valium/Halcion: 45 minutes before your arrival.
- Valtrex: If you are having a peel or a lip procedure begin this the night **before** your procedure. (only for procedures around mouth)
- Celebrex: Begin taking the morning after your procedure—1 pill per day.
- Sinecch – is Arnica follow the directions on the back of the box.

Things You Will Need To Purchase Prior to Surgery:

- ___ Pineapple (4-7) (or) Bromelain* (all surgeries)
- ___ Aquaphor Ointment, or Vaseline (on all suture lines and for peels)
- ___ Straws
- ___ Eye drops (Refresh Plus or TheraTears) – at least 3 x per day, begin day of surgery (only for eye surgery)
- ___ Lubricating Eye Ointment – to protect eyes while sleeping (Systaine makes one but any is fine) (eye surgery)
- ___ Nasal Saline Spray (Ocean Spray) – at least 3 x per day for 1 year, begin day of Nose surgery
- ___ Baby Shampoo (all surgeries)
- ___ Day time allergy medicine daily (for itching) (all surgeries)
- ___ Benadryl 25mg every 4-6 hours can increase to 50mg at night. For itching and helps pain medication work longer and better. **Take at night with pain meds for sleep** (All surgeries)
- ___ Colormark Hair Color (if necessary before 6 wks)
- ___ Distilled White Vinegar (only with a peel or dermabrasion)
- ___ Distilled Water (only with a peel and dermabrasion)
- ___ Non-Adhesive Dressing to protect skin and ears from masks glasses and ice.
NOTHING touches skin if you have a peel or dermabrasion.
- ___ **Tie above the head masks, you may not wear a mask around the ears**
if you have a facelift or Nose surgery. Wear a tie mask the day of surgery

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 Facelift), Eye Lift and Browlift

- Have someone drive you home after surgery and to help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Eat fresh pineapple.
- ½ to one whole (core too) pineapple daily, eaten in small amounts (Blend 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 your 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. 6 times the dose on the bottle.

*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 you are not taking pain medications, no alcohol for several months—you 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 3 WEEKS PRIOR, AND YOU MUST 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 3 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.**
- You may 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 50 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 your 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) at least 3x/day.
- DO NOT rub your eyes.
- 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/or puffy face for several weeks
- Wearing scarves, turtlenecks and high-collared blouses help mask swelling and discoloration.
- By the 3rd week, you will begin to look and feel like yourself again
- Final result is not realized for approximately 6-12 months.
- Your brow may appear to be very high for the first week or two but it will gradually relax.
- Wrinkles in the forehead will be greatly improved with a browlift.
- The scowling muscles will be weak after surgery but they 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 by the nurse after 10 days.
- You will be seen periodically throughout the healing process for follow-ups.

When To Call

- If you have grossly increased swelling or bruising, that is squishy to the touch.
- If you have increased redness or heat 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 a new onset loss of feeling or motion.

For Medical Questions, please call:

(317) 814-1104 Monday-Thursday 8:00am-4:30pm; Friday 8:00am-12:30pm
After hours and on weekends, **text** Dr. Winslow at (317) 752-8626 with urgent concerns. Dr. Winslow does not answer unknown callers, with all the increase in spam calls so please TEXT.

DURING OFFICE HOURS, PLEASE CALL (317)-814-1104.

AFTER HOURS, please call or text Dr. Winslow only with urgent questions.

- Dial 317-752-8626 – **AFTER HOURS EMERGENCY'S ONLY**
- If you text Dr. Winslow, please identify yourself.
- Please stay off the phone! It may take several minutes for her to call you back. She tries to return your calls as soon as possible.
- If you have not heard back from Dr. Winslow in 30 minutes, please call her again.
- **Please remember that Dr. Winslow is there for you if you need her, but if it is not an emergency please email her and do not text.**

When you call with medical questions, please make sure the person calling knows: **We cannot call in pain medicine, someone will have to come pick up a prescription!**

Pharmacy # _____ 24-hour Pharmacy # _____

Allergies of the patient _____

Date of birth of the patient _____

Please email Dr. Winslow or Triste' with non-emergent surgical instruction questions:

Triste@indyface.com

Drwinslow@indyface.com