

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.

Two Weeks Prior to Surgery:

- 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 applying sunscreen of 50+ SPF. Reapply every 2 hours. Sun tanned or burnt skin increases the risks of bleeding and complications.
- If you are having a face or browlift, consider coloring your hair now; it will be 6 weeks before regular color. You may use ColorMark brand (only) 2 weeks after surgery.
- Pick up your prescriptions from your pharmacy that were sent over after your pre-operative visit. Make sure you have everything and let us know if something is missing.

The Day Prior to Surgery:

- Make sure that you have someone available to drive you to and from 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.
- If you are having SMAS to your lips – begin Peridex mouthwash.
- Call the office with any last-minute questions at 317-814-1104.

Day of Surgery:

- Have prescriptions filled and ready.
- Bring Valium/Halcion with you to office. You will take after you sign your surgical consent forms
- **Take prescription medications including blood pressure medication with a sip of water only (one capful) prior to arrival that morning. Do NOT drink any additional water.**
- **Do NOT wear make-up, jewelry, nail polish; no jeans, button up or zip pants.**
- Wear a loose fitting, button-up shirt. NO ZIPPERS OR PULLOVERS
- **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 nail polish, gel or acrylic nails**

Day of Surgery - After Surgery When You Arrive Home:

- We would like you to focus on pain control on this first day. **If one pain pill is not enough, you are allowed to take 2 pills for pain management.**
- 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 at all times. There is no such thing as *too much* Aquaphor.
- If you had a Brow or Eyelift - begin eye irrigation at least 3x/day and apply eye ointment before going to sleep.
- If you have nasal surgery - gently begin your nasal saline spray. No glasses to be worn for at least 1 week, or until approved by Dr. Winslow. No glasses for at least six weeks if you have your bones broken.

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

- Start taking antibiotics and steroid (separate the steroid into 2 doses half in the morning and the other half by 3 pm)
- Start eating pineapple.
- If you had resurfacing, begin your diluted vinegar pads and continue Aquaphor application - Face, neck & chest included.
- If you had 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 until instructed otherwise.
- If you had SMAS to your lips, begin Listerine - Gargle for 30 seconds 3x/day until instructed.

Medications:

- Antibiotics (Typically Keflex (Cephalexin) or Z Pak (Azithromycin)): To be taken as directed for the full length of the prescription. Begin on the morning after your surgery. **Finish the prescription/do not stop early!** If you have a sensitive stomach, it may be best to take with food.
- Pain Medication (Typically hydrocodone/acetaminophen (Norco)): To be taken as prescribed. We highly suggest taking the narcotics every 4 hours for a minimum of the first 24-48 hours as directed. Tylenol can be used as needed, but **NOT** within 4 hours of the narcotic. The narcotic we prescribe has Tylenol in it, so they may not be taken together.
- Nausea Medication (Typically Zofran (ondansetron) & Phenergan (Promethazine)): Please take the nausea medications as needed, following administration directions. If Zofran does not help, you can take the Phenergan suppository.
- 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 (Diazepam): Bring with you to your procedure unless otherwise directed.
- Valtrex (Acyclovir): If you are having a peel or a lip procedure, begin this the night **before** your procedure (only for procedures around the mouth).
- Peridex Mouthwash – For SMAS to lips – begin the night before, then 2x/day thereafter.
- Celebrex (Celecoxib) NSAID for pain/swelling: Begin taking the morning after your procedure—1 pill per day.
- Sinecch (Arnica): Follow the directions on the back of the box; if your pre-op appt was virtual or via phone, this will be given to you on the day of surgery.
- Diflucan- (Fluconazole)- Take with the first signs of a yeast infection.

**** Medications specific to your procedure will be discussed at your pre-operative appointment with a nurse. You may not receive every medication listed above, as prescribed medications depend on your specific procedure, medical history, and individual needs.****

Things You Will Need to Purchase Prior to Surgery:

- ___ Pineapples (4-7) OR Bromelain- This can be found over the counter (all surgeries)
- ___ Aquaphor Ointment OR Vaseline (on all suture lines & for skin peels)
- ___ Straws (Facelifts/Necklifts, SMAS lip procedures)
- ___ Eye Drops (Refresh Plus OR Thera Tears) – At least 3 x per day, begin day of surgery (only for eye surgery)
- ___ Lubricating Eye Ointment – To protect eyes while sleeping (Systane makes one, but any brand is fine) (for eye surgery)
- ___ Nasal Saline Spray (Ocean Spray) – **Non aerosol, small white bottle** at least 3 x per day for 1 year; begin day of nose surgery (**NO neti pot or Sinumed**)
- ___ 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. This is for itching and helps pain medication work longer and better. **Take at night with pain meds for sleep** (all surgeries).
- ___ ColorMark Hair Color (if hair color is needed within 6 weeks after surgery) (Facelift)
- ___ Distilled White Vinegar (only need if you had a skin peel or dermabrasion procedure)
- ___ Distilled Water (only need if you had a skin peel or dermabrasion procedure)
- ___ Non-Adhesive Dressing (Telfa) to protect/cover skin and incisions from glasses, ice, etc. **NOTHING touches skin** if you have a peel or dermabrasion.
- ___ Soft Headband to keep hair off face
- ___ Listerine and Toothettes (Facelift)

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 during pre-operative appointment. Although these can offer many benefits, they can adversely affect procedures. Supplements can cause an increase in the length of healing time, increase the risk of bleeding, and can have adverse reactions with anesthesia and pain killers.

A multi-vitamin, calcium, magnesium, 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 & Browlift

- Have someone drive you home after surgery and 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 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 in supplement form if you cannot tolerate the fresh pineapple, but fresh pineapple is better if tolerated - 6 times the dose on the bottle is recommended for best results.

*If you are prone to constipation, pineapple is usually sufficient. If not, Miralax (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 a 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 after surgery—Alcohol may cause water retention or an increase in swelling.
- 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 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. Listen to your body and 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. This includes your purse!**
- You may return to work in 7-14 days.

Incision Care

- You may shower after your dressing has been removed. This is typically at your 1-day post operative appointment.
- Do not bathe or immerse your incision in water until approved by Dr. Winslow. Avoid steam baths and saunas for several weeks.
- **DO NOT put Q-tips or ANYTHING in your ears/nose.**
- Avoid exposing scars to the sun for at least 12 months.
- Always use a strong sunblock if sun exposure is unavoidable (SPF 50 or greater). Reapply often.
- Keep Steri-Strips on if placed during surgery. These may eventually fall off or be removed by Dr. Winslow only!
- **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 (new redness, warmth, white/green discharge, fever). Notify the office immediately if you are concerned of possible infection.
- Keep head elevated; tilt a recliner back or sleep with your head on two 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 post-operative 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 and approved by Dr. Winslow; new facial makeup can be used to cover up bruising, but not on the incisions. It is important to gently remove all makeup. No rough scrubbing!
- Keep Aquaphor on incisions continuously. If you had a peel performed, your face should have a thick layer of Aquaphor at all times until discontinued by Dr. Winslow.
- Use lubricating eye drops like artificial tears (Thera Tears 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, tightness and tenderness of skin can last for 10-14 days or longer.
- You may experience tightness in the neck or mouth 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 or tingling 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 is normal.
- 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. Every patient is different and it may take longer– **DO NOT CUT THEM.**
- Browlift sutures will be removed after 10 days in the office.
- 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 or vomiting.
- If you have an oral temperature of over 100.4 degrees
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor
- If you are 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

AFTER HOURS and **ON WEEKENDS**, please **TEXT Dr. Winslow at (317) 752-8626** with urgent questions/concerns.

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

- Dial 317-752-8626 – **AFTER HOURS EMERGENCIES ONLY**
- If you text Dr. Winslow, please identify yourself.
- If you have not heard back from Dr. Winslow in 30 minutes, please text 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. (drwinslow@indyface.com)**

When you call with medical questions, please make sure the person calling knows:

Pharmacy # _____ 24-hour Pharmacy # _____

Allergies of the patient: _____

Date of birth of the patient: _____