

FACELIFT INSTRUCTIONS BEFORE SURGERY

1. **PRECAUTIONS**

For Two Weeks Prior to Surgery:

- No Aspirin or aspirin-like medications
- No Ibuprofen or like medications such as Solprin, Nurofen, Aspirin, Naprosyn, etc.
- No Vitamin E, garlic tablets, ginkgo, niacin by mouth.

The above supplements can affect the clotting function of your blood and cause excessive bleeding. If you have any questions about other medications, please call your family doctor or our office for information.

2. **PANADOL IS SAFE.**

3. **SMOKING:** We want your surgical experience and recovery to be smooth and uneventful. One of the ways we have found to promote your recovery is to be certain that you avoid smoking for 2 full weeks before and after your surgery. Healing is jeopardized if you continue to smoke before and after your procedure. Nicotine constricts the blood vessels and the blood flow to the area of your surgery is decreased. This deprives the healing tissues of essential oxygen and nutrients. If normal healing is to occur, patients **MUST NOT SMOKE** at the time of their surgical procedure. We therefore insist that smoking be terminated at least 2 full weeks before your surgery.

4. Please arrange transportation home after surgery. You will need a responsible adult at home the first night. Local hotels are available at a reasonable cost if you do not live in the Sydney area. If you do not have someone to stay with you we can give you the name of a company which provides this service at a hotel or in your home.

5. We ask that you remain in the Sydney area at least overnight if your residence is more than 1 hour away.