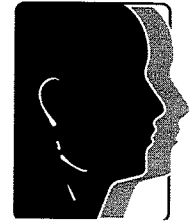


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Ear, Nose and Throat  
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**RHYTIDECTOMY SURGERY  
(EYELID LIFT)**

**PRIOR TO SURGERY**

- No aspirin or aspirin containing products for 2 weeks prior to surgery, as well as for 2 weeks following the surgery.
- Apply Recovery Cream on bruised areas immediately following surgery 3 times a day until bruising subsides. Do not to apply it on the incision line itself.
- Arnica and Bromelain are to be started 3 days prior to surgery and taken for 3 days following the procedure. These medications will aid with any swelling or bruising.
  - Arnica: Take 4 tablets and place them under the tongue to dissolve 2 times a day.
  - Bromelain: Take 2 capsules 3 times a day.

**NIGHT BEFORE SURGERY**

- Thoroughly remove all of your makeup.
- Do not have anything to eat or drink starting 8 hours before surgery.
- Take 5 mg of Valium at bedtime. You will take another 5 mg of Valium while being brought to the office for the surgery.

**DAY OF SURGERY**

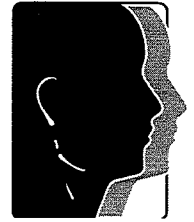
- Take 5 mg of Valium while being driven to the office. With a sip of water, take any blood pressure medicine. Resume all other medicines **after** surgery as needed.
- Wear loose, comfortable clothing. Make sure that your shirt does not have to be pulled over your head to be removed.
- Do not wear any makeup on your face.
- You must have someone drive you home after the surgery, and you need to make sure that someone is able to stay with you for the first 24 hours following surgery.
- After the surgery keep ice packs on your cheeks and neck as much as possible for the first 24 hours. This will decrease the swelling and bruising. Bags of frozen corn or peas work best. Do not put the plastic bag directly on the skin. Drape it over a layer of 4 x 4's (gauze) or a thin towel.
- Rest as much as possible. You will probably sleep on and off for the first 24 hours.
- Generally, there isn't much discomfort with this surgery, but if you experience any take the pain medication that was given to you. Do not wait until you are in a great deal of pain as the medication will be less effective and will take longer to "kick in". If you do not get any relief, call your doctor.
- Apply Recovery Cream on bruised areas immediately following surgery 3 times a day until bruising subsides. Do not to apply it on the incision line itself.
- Contact your doctor immediately if there is any rapid neck swelling.
- A temperature of over 100.4 should be reported to your doctor.

Page 1 of 2

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### **ADDITIONAL INFORMATION AND THINGS TO EXPECT**

- Please use the enVy memory foam anti-aging/wellness pillow given to you by your doctor.
- You can shower and shampoo your hair the day following surgery, but try to keep the direct shower spray off your face. Do not scrub, rub, or pull the areas where the incisions are. Gently pat your face and neck dry.
- Avoid rapid turning of your head for 2 weeks postoperatively. Consider having another person drive you where you need to go. You do not want any stress or tension where the incisions were made.
- You should not do anything strenuous for 2 full weeks.
- The sutures will be removed on the 6th, 9th and 12th postoperative days. Steri-Strips (very thin pieces of surgical tape) will be applied and left on until the 12th postoperative day when your doctor will remove them.
- Any postsurgery bruising is usually gone or easy to conceal with makeup after the Steri-Strips are removed. No makeup near the incisions until this time.
- Following surgery your face may be swollen and bruised, the degree of either will vary from person to person. Fifty percent of the swelling is gone after 1 week and a total of 90% is gone after 4 weeks. More subtle changes will take place for about 3 months following surgery.
- The wounds may be red or dark pink for about 4 weeks, at which point they will slowly begin to fade. Also, the wounds will be stiff and even lumpy and bumpy for up to 6 weeks, after which time they will begin to soften and smooth out.
- You must keep your scars out of the sun for one full year following the surgery. This is very important to achieve the best possible results. You need to obtain a sunscreen that can be used on the face with an SPF of 15 or greater. The sunscreen should be applied daily even if you do not "sunbathe", as you do not want your scars to receive any sun exposure whatsoever. Failure to do this can result in unsightly scars and scars that heal in a manner less delicate than otherwise possible.
- All wounds heal with scars. Your doctor will attempt to minimize the scars, but there will be scars nonetheless. By taking care of the scars you will help to maximize your results.

### **POSSIBLE COMPLICATIONS**

- Wound infection.
- Unsightly scarring.
- Hematoma (a blood collection under the skin).