

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

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; and all indicated Vitamins & Supplements (See Herbal Supplement's).
- *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.

Three Days Prior to Surgery:

- *Begin taking Arnica (5 Tablets 3 times per day) and continue until 1 week after surgery.

The Day Prior to Surgery:

- * Get the prescriptions filled that Dr. Winslow gave you at your pre-operative visit.
- *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 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, 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 45 minutes prior to procedure
- *Take prescription medications with a sip of water only
- *Do Not Wear Make Up or Jewelry
- * Wear a loose fitting, button up shirt/bring sunglasses
- * We would like you to focus on pain control on this first day

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

- *Start taking antibiotics and steroid dosepack
- *Start eating pineapple or take Bromelain supplements

Things You Will Need To Purchase Prior to Surgery:

	Pineapple (4-7)
	(or) Bromelain*
	Aquaphor Ointment
	Straws
	Eyedrops (Refresh Plus or Thera Tears)
	Lacrilube Eye Ointment
	Nasal Saline Spray (Ocean)
	Baby Shampoo
	Zantac
	Benadryl
	Colormark Hair Color (if necessary before 6 wks)

* Bromelain is the enzyme in Pineapple. This can be taken if you cannot tolerate the pineapple. Please take six 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.

Medications:

1. Antibiotics (Typically Keflex): to be taken as directed for the full length of the prescription: begin on the day after your procedure
2. Pain Medication (Typically Vicodin or Lortab): 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. Please call us with questions or inadequate pain control!
3. Nausea Medication (Typically Zofran): please take the nausea meds any time you feel the need.
4. Medrol Dose Pack (Steroid for Swelling): begin on your first day **after** surgery.
5. Valium 45 minutes before your procedure
6. Valtrex If you are having a peel begin this the night before your procedure

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 surgical procedures. Supplements can cause an increase in the length of healing time, and have adverse reactions with anesthesia and pain killers. Listed below are the major supplements associated with problems. Please feel free to ask us if your supplements are not listed. A Multi-Vitamin is fine to continue.

If you are taking Supplements please stop those 10 days to 2 weeks prior to surgery and do not resume until 1 week following surgery.

STOP TAKING ANY WEIGHT LOSS SUPPLEMENTS 2 WEEKS PRIOR TO SURGERY.

Potential Complications:	Supplement/Medication			
Increased Bleeding	Aspirin	Coenzyme Q10	Guggul	Policosanol
	Angelica Root	Cranberry	Horse Chestnut	Poplar
	Anise	Danshen	Horseradish	Prickly Ash
	Arnica Flower	Dvil's Claw	Jiaogulan	Quassia
	Asafoetida	Dong Quai	L-Carnitine	Red Clover
	Bishop's Weed / Omum	Epimedium	Lovage Root	Reishi Mushrooms
	Bladderwrack	Evening Primrose	Lycium	Resveratrol
	Bpgbean	Fenugreek	Meadowsweet	Rue
	Boldo	Fever Few	Melatonin	Saw Palmetto
	Borage Seed Oil	Fish Oil	Mesoglycan	Siberian Ginseng
		Flaxseed	Nattokinase	Soy
	Capsicum	Flaxseed Oil	Onion	Sweet Clover
	Carrageenan	Forskolin	Pantethine	Tiratricol
	Celery	Garlic	Papain	Tumeric
	Chamomile	Ginger	Papaya	Vinpocetine
	Chondroitin (High Doe)	Ginkgo	Parsley	Vitamins A, E & K
	Clove	Glucosamine (high dose)	Passion Flower	Wild Lettuce & Carrots Willow Bark
	Cod Liver Oil	Grapefruit	Pau D'Arco	Wintergreen
Cardiovascular Side effects:	*Ephedra *Guarana *Golden Seal *Ma Huang *Licorice *Ginseng			
Increased metabolism of medications	* St. John's Wort			
Increased sedative effect of anesthetic medications	*Kava *Valerian			

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 pineapple daily, eaten in small amounts.
 - Do not combine with a protein (milk, yogurt, meat, etc) (2 hours before or after protein)
 - Rinse mouth after eating
- 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.
- 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 blepharoplasty 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.

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 are 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. (Walking and mild stretching are fine.)
- 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.
- 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.
- Please do not put in earrings until advised to do so if you had a facelift.
- 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 for comfort and to help decrease the swelling.
- Hair is generally shampooed on the first postoperative day. Wash your hair with baby shampoo it can be cleaned daily.
- The area of sutures must be washed gently but thoroughly each time.
- 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) or bacitracin/neosporin on incisions
- Use lubricating eye drops like artificial tears, TheraTears or Refresh Plus for the first 1-2 weeks after surgery

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.
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- 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 days
- Browlift sutures will be removed after 10 days

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.