



Surgery Date: _____ Surgery Time: _____ Arrival Time: _____

Location:

Utah Facial Plastics 2255 N 1700 W Suite 200 Layton, UT 84041

Utah Facial Plastics 723 E 12200 S Suite 200 Draper, Utah 84020

Transportation Instructions:

If you take Valium prior to your surgery, or you are having a blepharoplasty, it is required that you have a family member or friend (age 18+) drive you to and from our office. Failure to arrange proper transportation may result in cancellation.

3-4 WEEKS BEFORE SURGERY

Pick up your prescriptions: Medications will be sent at the time of your pre-op appointment and need to be picked up within 7 days. Keep them in a safe place until the day of your surgery.

Smoking: Cessation of all nicotine-containing products 4 weeks before and after surgery including CIGARETTES, ELECTRONIC CIGARETTES (VAPING), PIPE TOBACCO, CHEW, GUM OR "THE PATCH." These products may reduce blood flow and oxygen to the surgical site, causing a delay in wound healing. This leads to complications like infection, skin necrosis, and excessive scarring. Please inform your pre-op nurse or surgeon of any other recreational drug use.

STOP Retinol: Retinol increases skin sensitivity and fragility, potentially impacting the procedure and healing. It may be resumed approximately 4 weeks after surgery, once the skin has healed.

2 WEEKS BEFORE SURGERY

STOP ALL prescription blood thinners: As instructed by the prescriber and your surgeon. Our staff will work with your prescriber to decide the safest time to restart these medications.

STOP ALL Over the counter NSAIDS (non-steroidal anti-inflammatory drugs): such as Aspirin, Ibuprofen, Naproxen, Motrin, Advil, Aleve, Diclofenac, and Meloxicam. May resume 2 weeks after surgery. *Use Tylenol in place of other over the counter pain relief medications as it does not have blood thinning properties.

STOP Alcohol: Discontinue alcohol consumption for at least 2 weeks before surgery and avoid it throughout your recovery period. Alcohol increases bleeding risk, delays healing, and may interfere with medications and anesthesia.

STOP ALL Herbal Supplements: supplements including, but not limited to: vitamin E, omega-3, fish oil, ginkgo, garlic, ginger, turmeric, flaxseed, feverfew, St. Johns Wart, dong quai, willow bark, saw palmetto, valerian root, ginseng, ephedra, licorice, goldenseal, and chromium. May resume 2 weeks after surgery.

START Vitamin C: Begin taking 1,000–3,000 mg of vitamin C daily divided into 3 doses. Vitamin C plays a vital role in wound healing. Reduce dosage accordingly if you experience any stomach discomfort such as diarrhea, heartburn, or abdominal pain. Continue for 2 weeks after surgery.

1 WEEK BEFORE SURGERY

Hair Care: If your surgical incisions are in or near your hairline, plan to cut or color your hair at least 1 week before or wait until 4 weeks after surgery.

False Eyelashes: False lashes should be removed for safety and hygiene purposes.

Meal prep: Focus on high-protein, high fiber, and nutrient-rich foods after surgery. Avoid salty, sugary, or processed foods that can increase swelling or slow healing.

DAY BEFORE SURGERY

Set Up Home Recovery Area: Move a table next to your bed or recliner and arrange any items you will need within reach. Prep your space with extra pillows or a wedge pillow. Place things that usually require bending or reaching to more accessible areas.

DO NOT exercise 24 hours prior to surgery.

DAY OF SURGERY

Shower before surgery and wash your hair. This will help reduce the risk of infection.

Do **NOT** wear jewelry, makeup, moisturizer, sunscreen, or any other products on your face or hair.

Eat Breakfast *and* lunch if surgery is scheduled later in the day. Avoid drinking coffee/caffeine before surgery.

Start taking the prescribed antibiotic (Keflex/cephalexin), and the steroid (Medrol/methylprednisolone).

Valium: If applicable, take one 5mg tablet 1 hour prior to arrival, bring the second tablet with you. **If you take Valium, you must have a ride to and from your surgery.**

Arrival at Facility: Please arrive on time at your designated surgical location. You will have an opportunity to speak with your surgeon beforehand, so please come prepared with any questions you may have.

Attire: Dress in comfortable, clean, and loose-fitting clothes. Avoid tops that need to be pulled over your head. A button-down shirt or something with a zipper is preferred.

Contact lenses: Do not wear contact lenses (blepharoplasty only). Remember to bring glasses, if needed, to sign paperwork.

If you have any additional questions, please do not hesitate to give us a call at 801-776-2220.

We look forward to seeing you on the day of your surgery





WHAT TO EXPECT: Mild to moderate pain or discomfort is normal and expected for the first few days. Expect some degree of lumpiness/asymmetry. It is common for one side to be more swollen or more painful than the other. Swelling and bruising may last for several weeks. Spot bleeding from the incisions is normal and should resolve within a few days. You may feel tingling/numbness in some areas that last for several months.

MEDICATIONS: You will be prescribed medications to help with pain and discomfort, but nothing can eliminate post operative pain. Take your medications as prescribed and avoid overuse of prescription pain pills. As your pain decreases, switch to extra strength Tylenol. To prevent nausea, do not take pain medication on an empty stomach.

DO NOT take any NSAIDS such as ibuprofen/aspirin products or herbal supplements for 2 weeks after surgery as these may increase your risk of bleeding/bruising. *See medication sheet for details.

POSITIONING: **Do not lay flat after surgery; your head and torso need to be elevated 30-45 degrees by bending at the hip.** Sleep in a recliner or use pillows/foam wedges. Do not sleep on your side. Placing a pillow under your knees may help keep you from turning over. Continue this for 2-3 weeks or until swelling has subsided. Avoid dipping your chin toward your chest. Keep your head in a neutral to slightly elevated position to prevent increased risk of fluid collection and complications.

ACTIVITY: Rest is essential during the first 24–48 hours; however, to promote healthy circulation and reduce the risk of blood clots, take short 10-minute walks around the house every 2–3 hours. **Avoid activities that raise your heart rate or blood pressure**, as overexertion may lead to bleeding, increased swelling, and a longer recovery time. Do not lift more than 5–10 pounds. During the second week of recovery, you may progress to longer walks outside. Unless otherwise directed by your surgeon, light exercise can resume 2–4 weeks after surgery. Start gradually and slowly work back to your normal routine. If healing is progressing well, more strenuous exercise—including heavy lifting and running—may be resumed around 5–6 weeks.

SHOWERING: Wait at least 24 hours after surgery to shower. In addition, dressings need to stay dry until removed by our staff or as directed. **If you are taking narcotic pain medication, make sure someone is nearby.** Hot water combined with pain medication can make you dizzy/lightheaded and increase the risk of falling. Do not allow hot or high-pressure water to directly hit your incisions. After showering, gently pat the incisions dry and apply antibiotic ointment. *For facelift/neck lift procedures only: If you have drains, wait at least 24 hours after they are removed before showering. If incisions are near or in your hairline, then use baby shampoo for 2 weeks to prevent irritation. You may gently brush the ends of your hair, avoid snagging the sutures, or aggressive tugging. Hair dryers may be used on a cool setting only. Avoid using any hair products—including gel, mousse, hairspray, or leave-in conditioners—for at least one week.

NUTRITION: While there are no dietary restrictions after surgery, it's best to begin with mild, soft, easy-to-digest foods to prevent pain and nausea. Decrease salt/sugar intake and focus on increasing protein and fiber. Minimize caffeine and drink plenty of water to support healing and prevent constipation **COLD COMPRESS: DO NOT ICE.** To heal properly, it is important to get warm, oxygen rich blood flow to the surgical site. If the area gets too cold, it can restrict blood flow and delay wound healing. You may apply a cool cloth to areas away from incisions that are not covered with a dressing to help with discomfort and swelling. *For Blepharoplasty see procedure specific instructions

BREATHING EXERCISES: If your surgery was performed under general anesthesia, take deep breaths and cough regularly during the first 24 hours to help keep your lungs clear, improve oxygen levels, and reduce the risk of complications like pneumonia. You may be sent home with an incentive spirometer that your nurse will discuss in further detail.

RECCOMENDATIONS: Hyperbaric Oxygen therapy is highly recommended, particularly for revision surgery. It works by increasing the amount of oxygen to the surgical site, reducing swelling, enhancing tissue repair, and decreasing your risk of infection. Red Light Therapy may be beneficial for reducing inflammation, promoting collagen production, and accelerating the healing process. Do not apply red light therapy masks directly on your face until 4 weeks after surgery.

THINGS TO AVOID: Nicotine is prohibited for 4 weeks after surgery as it significantly interferes with proper wound healing. Alcohol and all herbal supplements should be avoided for 2 weeks after surgery as they can interfere with healing and increase swelling and bruising. Marijuana edibles may be resumed when narcotic pain medication is discontinued. Do not use saunas or submerge incisions in hot tubs, swimming pools, oceans, bathlubs or any other body of water for at least 4-6 weeks. Avoid sun exposure for 1 year and apply a broad-spectrum SPF 30+ sunscreen containing zinc oxide. Do not perform any facial massaging unless specifically instructed by your surgeon.

CALL THE OFFICE IF THE FOLLOWING OCCURS:

- medication reactions including itching, generalized redness or hives
- separation of incisions
- an increase in pain/swelling that is not improving
- a spreading redness
- drainage that appears cloudy, yellow, green or has a foul smell
- warmth at the incision site
- temperature over 101 degrees Fahrenheit
- any other questions or concerns

CALL 911 IMMEDIATELY if you experience chest pain, difficulty breathing or lack of responsiveness.

FOLLOW UP APPOINTMENTS: A series of post-op appointments will be scheduled in advance to ensure everything is healing as expected. Your patient care coordinator will give you a printout of your upcoming appointments. **If you are taking prescription pain medication, a responsible adult must drive you to and from all post-operative appointments.**

Utah Facial Plastics After Hours Answering Service – (801) 299-7660

