

Rhytidoplasty Instructions

(cosmetic face lift surgery)

Preoperative

- No food or liquid intake after midnight prior to surgery.
- Do not wear jewelry, make-up, nail polish or bring valuables.
- Bring carrying case for eyeglasses or contact lenses. Remove all piercings.
- No aspirin or aspirin containing compounds for at least 2 weeks prior to and after surgery. Please refer to medication list for medicines and foods to avoid. Stop all herbal preparations.
- Shower the night before and the morning of surgery with Dial or other antibacterial soap and wash hair for at least ten minutes with Phisoderm soap or Dial soap.
- Wear loose comfortable clothing with flat/ low heeled shoes. No over the head clothes.
- Fill all prescriptions within 3 days and bring them with you on your surgery date.
- Arrange for transportation to and from the Kole Plastic Surgery Center.
- Preoperative medications may be taken with a small sip of water if cleared by the anesthesia dept.
- Arrive at the surgery center 1/2 hour before surgery start time.
- Lab tests need to be drawn and faxed to this office no later than:_____.
- Medical clearance needs to be obtained from Dr. _____ and faxed to this office.

Post operative

- After dismissal from the surgery center, return home and go directly to bed
- Keep incisions clean at all times. Remove any clots or crusts from incisions by gently soaking with saline moistened gauze and wiping clean with a Q-tip.
- Diet may consist of liquids or regular food as desired and as tolerated. Avoid alcohol intake.
- Take pain medicine and antibiotics as prescribed.
- Do not wear contact lenses, color, dye, or perm your hair until cleared by Dr Kole.
- No strenuous activity for a minimum of two weeks post operatively.
- Return to your surgeon for all follow up visits as directed.
- Contact Dr Kole for any unusual or special problems (excessive pain, swelling or bleeding)
- Call to confirm appointment for first post operative visit.

Call us if:

- Fever over 101 degrees, rash or shaking chills. Inability to tolerate the medications.
- Persistent nausea or vomiting 24 hours after surgery
- Excessive swelling or bleeding on dressings
- Increase in pain after 72 hours after surgery
- Redness around or discharge from incisions

If you have any questions or problems, call the office anytime at (215) 354-1010

I have received this instruction sheet, understand the information presented and agree to carry out the instructions as described above

Patient signature_____ Date_____ Surgeon_____