

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

Surgery Scheduling Assistant for Dr. Tenenbaum	Carol – 314-996-3040
Surgery Scheduling Assistant for Dr. Myckatyn	Michelle - 314-996-3028
Cosmetic Patient Concierge	Kristi – 314-996-8133
West County Plastic Surgeons Nursing Line	314-996-3201
General Questions and Office Appointments	Front Desk – 314-996-8800, opt. 2

Surgery DAY/TIME: _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedures.

FACELIFT

SIX WEEKS BEFORE SURGERY

1. **Smoking affects healing.** Please **stop smoking or ANY nicotine products for at least 6 weeks before surgery and one month after.** If needed, we can prescribe Chantix to help you quit. **No nicotine patch, no Nicorette gum, no nicotine E-cig.**
2. **Good nutrition can help optimize wound healing and speed your recovery from plastic surgery.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.
3. **High blood pressure is a known risk factor for bleeding after facelift surgery.** If you do not know whether you have high blood pressure, please see your primary care doctor well before surgery to make sure that you do not. If you are diagnosed with high blood pressure, or already know you have high blood pressure, this needs to be treated by your usual primary care physician so that it is normal before and after surgery.

TWO WEEKS BEFORE SURGERY

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed **“Medication and Supplement Alert List”** and let us know if you take any of them. For example, **garlic** and **ginseng** can **cause bleeding** even though they are homeopathic remedies and not true medicines. So please stop taking these, and any other non-prescription herbal medicines for two weeks before surgery. Also, **Aspirin** or **Plavix** should not be taken for 2 weeks before or for 2 days after surgery. **If you take these medicines for a pre-existing history of cardiac stents, stroke, clotting disorder, or other risk factors please let us know so we can work with your cardiologist or internist to ensure that facelift surgery can be conducted safely.** Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, facial sore, or any other illness prior to surgery, please notify us.

TWO EVENINGS BEFORE SURGERY

1. Take Colace and Arnica

EVENING BEFORE SURGERY

1. Drink 24 oz of a clear carbohydrate beverage (Gatorade/power aid) or water
2. Eat a late dinner of your choosing
3. Have some jello and/or soup available for after surgery.
4. Get a good night’s rest.
5. Take Colace, Arnica, Zofran, Gabapentin and Celebex.

MORNING OF SURGERY

Be at the Hospital at: _____

1. Drink 12 oz of water 4 hours before scheduled surgery- *Do not drink milk, juice with pulp, cream, or sugar the morning of surgery*
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops or pantyhose. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. A vehicle that allows you to recline is best.

4. When in the hospital, you will be given the following oral medicines (we will give these to you at the hospital – there is no need to obtain or take these beforehand). These are : Tylenol, Gabapentin and Celecoxib.
5. DO NOT SMOKE

AFTER SURGERY

1. **Positioning-** After surgery, it is best to lie in a reclining chair. Alternatively, you may lie in bed with your shoulders elevated by pillows while keeping your neck straight. Avoid bending forward or turning side-to-side at the neck for the first week.
2. Facial movements (smiling, talking, chewing, yawning, etc.) should be kept to a minimum for the first week.
3. A neck compression garment may be used to maintain the improved contour of the neck and jawline after surgery. Please wear this as much as possible, excluding showering, but including sleep, as much as possible for the first 3 weeks after surgery. Thereafter, you can continue to wear it, when convenient, for a few hours a day for another 3 to 4 weeks.
4. **Early activity-** For the first week, please avoid any type of straining. You should get out of bed with assistance if you need to strain. Easy walking after surgery is a good thing, and while you are in bed, flex your feet and legs a couple of times every hour while you are awake. Avoid turning your head to either side, as this will pull on the stitch lines. To turn, move your head and shoulders as a unit.
5. Strenuous activities should be avoided for 2 weeks. After that, gradually increase your activities so you are back to normal by the end of the third week.
6. **Sun exposure and sunscreen-** The skin of your face is sensitive to sunlight after surgery. Protect your facial skin from excessive exposure to the sun for 8 weeks. Wear wide brim hats and sunscreen (SPF 30 or greater) if you have to be in the sun for prolonged periods. Excellent sunscreen options are offered through our various skin care lines.
7. **Pain control-** If you have pain or discomfort take the pain medication every 4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.
8. **Diet-** A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.
9. **Drains-** You may have drains in place under the skin after surgery. These will be secured but avoid pulling on them. The bulbs connected to the end of the drains should be kept compressed at all times. Instructions regarding the drains will be given to your caretaker.

10. **Incision care-** Two days after surgery, you may start cleaning along the stitch lines, in front of and behind the ears and under the chin, with half strength hydrogen peroxide (dilute with water) twice a day. Apply a thin layer of polysporin ointment to these areas after cleaning. Starting 4 days after surgery, please just use soap and water to gently clean your face. You may get your incisions soapy and wet but just pat clean and dry. *Dove* is a good choice for soap.
11. **Monitoring bruising and swelling-** You can expect some swelling of the cheeks and jawline after surgery. If the swelling on one side is definitely more pronounced than on the other side, or if you are having pain which is not relieved by the pain medication, please call the office. If you have new bruising that starts several days after surgery, please call the office.
12. Contact lenses can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately 1 week after surgery. If it is necessary to pull down on your eyelid to insert the contacts, they should not be worn for 10 days. Glasses can be worn until then.
13. **Washing your hair-** After your dressing and drains have been removed you may wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all the crusts are out of your hair. Do not use hairsprays, conditioners, gels, etc. while the stitches are in place.
14. **Drying your hair-** Your hair may be dried with a blow dryer on a cool, not a hot, setting. Or just let it dry on its own after gentle toweling.
15. **Coloring your hair-** Hair coloring should be delayed until 3 weeks after surgery, when healing is completed and no crust remains.
16. Remember, DO NOT SMOKE until your doctor tells you it is okay. This is very important. Smoking, or any nicotine product (such as a *nicotine patch* or *nicorette gum*) must also be avoided for one month after surgery. Smoking and other nicotine products will dramatically increase the risk of wound healing problems and wide scar formation.

RETURNING TO WORK

1. Working from home: Less than 1 week.
2. Desk job: 1 to 2 weeks
3. Up on your feet a lot: 2 to 3 weeks
4. Manual labor: 3 to 4 weeks

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs. should be avoided for 6 weeks.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least SPF 15 for the next 6 months. Excellent sunscreen options are offered through our various skin care lines.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication. For many patients follow-up includes:

- a) Follow-up within 1 week with our Nurses to pull any remaining drains, remove sutures, check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3 weeks, 3 months and 1 year and to address any concerns is typical.