



## BASIC PRE-OPERATIVE INSTRUCTIONS – FACE

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### **THREE WEEKS BEFORE SURGERY:**

- Laboratory, EKG and/or eye examinations (if required) must be done. If you are having your preoperative testing at a lab other than the one we suggest, please have the written results arrive at our office one full week before surgery. Our fax number is 585-271-4786.
- Surgery will need to be rescheduled if there is any chance you are pregnant.
- All fees are due, including surgical, facility and anesthesia.

### **TWO WEEKS BEFORE SURGERY:**

- Do not take any products containing Aspirin, Ibuprofen (Advil, Motrin), non-steroidal anti-inflammatory medication or Vitamin E (multivitamins). Please check labels on over-the-counter medications. Many cold, sinus, and pain relievers contain Aspirin or Ibuprofen. Tylenol or Extra strength Tylenol is acceptable.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or Nicotine patch/gum. Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk for complications when receiving anesthesia.
- If your destination after surgery is more than 30 minutes from the Lindsay House Surgery Center, you must make arrangements to stay in a hotel or at the Carriage House on the night following surgery. A list of hotels can be obtained from our patient care coordinator.

### **ONE WEEK BEFORE SURGERY:**

- Do not drink alcohol for one week before and one week after surgery.
- Please ensure that all laboratory tests and/or blood work has been completed by this time as ordered by the physician/nurse practitioner. Our fax number is 585-271-4786.

### **THE DAY BEFORE SURGERY:**

- The Surgery Center will call you before noon to inform you of your arrival time for surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (THIS INCLUDES WATER, CANDY, AND GUM CHEWING).** Surgery will be cancelled if this is not followed. A fasting state is required in order to receive sedation for surgery. The only exception is medication, which we will instruct you to take with a sip of water the morning of surgery.

### **DAY OF SURGERY:**

- Go to suite 101 (Lindsay House Surgery Center).
- You may shower and shampoo the morning of surgery.
- Do not wear makeup or use hair sprays/gels.
- **NO ACRYLIC NAILS OR NAIL POLISH (INCLUDING GEL/POWDER). NO EYELASH EXTENSIONS OR MASCARA (flammable).**
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- Do not wear jewelry, including body jewelry or bring valuables to surgery.
- If you are unable to remove your rings, please see your jeweler to have it removed prior to surgery.

## POST-OPERATIVE INSTRUCTIONS

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- A responsible adult must provide transportation for you after surgery.
- A responsible adult must stay with you overnight and at all times after your surgery until the morning following the procedure.
- You will need to arrange transportation for your appointment at our office on the day following surgery.
- You must stay within 30 minutes of the Lindsay House on the first night of surgery. These arrangements must be made BEFORE surgery.
- You cannot drive for the first 24 hours. Do not drive if you are taking pain medications and/or until your physician gives you clearance.
- You are encouraged to walk around the house the day of surgery and thereafter. This helps to prevent blood clots from developing in the legs.
- Move/pump your legs frequently while you are lying down. This also helps to prevent blood clots from forming in the legs.
- Take deep breaths often when you get home and for the first 24 hours post operatively. This helps to expand the base of your lungs.
- Resume activities slowly. You may feel tired for the first few days. Avoid any heavy lifting, bending, pushing, pulling and/or straining for 3 weeks.
- Sleep with your head elevated on 2-3 pillows. This helps to prevent increased swelling.
- Soft food will be easier to eat after facial surgery.
- Keep your dressing clean and dry. You may bathe but do not shower until directed to do so.
- Take all medications as instructed post-operatively.
- Swelling and bruising are normal in the immediate postoperative period. This will gradually decrease over the first few weeks. Camouflage makeup application is available post operatively in our medical spa.
- Avoid direct sunlight to the incision for at least one year. Use a sunscreen with zinc oxide with SPF 20 or greater to help decrease the visibility of the scar.

### CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING EMERGENT ISSUES:

- Fever of 101 degrees or greater
- Pain not relieved with pain medication
- Swelling, redness, bleeding, and or/foul smelling drainage from an incision site
- **Significant** asymmetrical swelling in a bilateral procedure
- Bleeding that does not respond to uninterrupted direct pressure for at least 20 minutes
- Problems with drains that are not solved using the troubleshooting instructions that are provided
- Persistent nausea and/or vomiting

**\*General medical questions** can be addressed during regular business hours M-F 8:30am-5pm (585-244-1000)  
**EMERGENT surgical issues can be addressed on evenings or weekends via our on-call EMERGENCY Line (585-258-4851)**

*The Patient Consultant will make your postoperative appointments.*

**If I have any questions with regards to the content of the videos and/or my expectations with respect to my participation in my pre-operative preparation, I will review all questions and any concerns with the Advanced Practice Provider during my in-person, pre-operative appointment.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Name (print): \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

My telephone number the morning of surgery is: \_\_\_\_\_

My telephone number the day after surgery is: \_\_\_\_\_