

# Laurence A. Kirwan, FRCS, Plastic Surgeon

## Facelift Instructions

### Preoperative Instructions:

1. DO NOT TAKE ANY ASPIRIN PRODUCTS (e.g. Ibuprofen) or Vitamin E for 3 weeks prior to or after surgery. Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol or Paracetamol for Pain
2. Do not SMOKE for three weeks before or after surgery.
3. Do not drink alcohol for 3 weeks before or after surgery.
4. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication, which we instruct you to take with a sip of water the morning of surgery.
5. Please wear a zip up top, pull up pants and flat shoes to the office on the day of surgery. Sweats work well. Wear flat shoes - no high heels and no sandals. Do not wear make-up, jewelry, panty hose, body piercings or contact lenses.
6. Wash your face, neck and hair with anti-bacterial soap and shampoo. Please DO NOT wear make-up or hair spray.
7. Your blood tests and cardiogram and GP examination should be done at least 14 days before surgery. Please make sure all preoperative test results are faxed to the office @ 203-853-1862. Please have your cardiogram (ECG) performed as soon as possible before surgery. If it is abnormal a cardiology opinion may be required which could delay your surgery. Please phone the office to make sure the surgical coordinator has received all test results. If necessary have scanned results e-mailed to our office at drkirwan@drkirwan.com

### Postoperative Instructions:

1. Your surgery will take approximately 3 hours. After surgery you will go to the recovery room for about one hour until you have awakened sufficiently to return home or to your hotel or hospital room.
2. If you are having outpatient surgery, someone must drive you home and remain with you for the first 24 hours.
3. Please keep your head elevated as much as possible after surgery to reduce swelling. Do not use a pillow that pushes your head forward. Keep your neck straight and your chin up. Use a vertical pillow on top of the bottom pillow to elevate the head. You may or may not have drains.
4. Do not put your head below your heart.
5. Do not do any strenuous activity
6. Do not strain during a bowel movement

All of these factors will raise your blood pressure and cause bleeding which may require emergency surgery.

7. Do not take pain medication on an empty stomach since it may cause vomiting.
8. Do not put rollers in your hair or use a hair dryer except on the cool setting. You may burn the skin because you do not have normal sensation.
9. Do not pull clothes over your head as you may injure the stitches around your earlobes because you do not have normal sensation. Please note that you do will not have normal feeling in your scalp, neck and cheeks for several weeks to months after surgery. The area of

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numbness will narrow as the months go by. Itching 10 days to 2 weeks after surgery is a normal occurrence and is part of the healing process.

10. After surgery, bandages will be applied to your face. The bandages will be changed after 24 hours. Your face will be bruised after surgery. Most of this will resolve by the end of 2 weeks. Usually you will be able to wear make-up and go out after ten to fourteen days.
11. After the dressings are removed, you may wash your face gently with water. Please DO NOT wear make-up without first checking with us. You may wash your hair with tepid water (hair salon style) after one day. Be gentle. Reapply the dressing. Dry thoroughly but gently with a hand towel or blow-dryer set on warm rather than hot. Be careful because you do not have normal feeling in your scalp or your face.
12. You may apply cover-up makeup after 5/7 days.

After five years of research and development, U.S. cosmetologist Barry Knapp developed Lycogel®, the first truly breathable, completely safe camouflage and concealer products that oxygenate skin at the cellular level, and are suitable for immediate use after cosmetic procedures.

Lycogel® uses the unique LYCO2™ technology which contains active ingredients, Live Yeast Cell Derivative (LYCD) and the unique triple-silica gel base which increases the amount of oxygen that reaches the skin whilst disguising, protecting and reducing bruising, blemishes and scars resulting from cosmetic procedures.

Doctors, skin specialists, aestheticians and beauty therapists use Lycogel® Camouflage, because it is the only foundation that has the ability to promote the healing of damaged or postprocedural skin, and is suited for immediate use after cosmetic procedures such as chemical peels, laser resurfacing, plastic surgery or dermabrasion. But Lycogel® Camouflage and Concealer aren't only for those with special makeup needs: they're for everyday use – improving the quality and texture of the skin.



13. If you should have any questions, please call the office at 020 7637 4455 (UK) or 203 838 8844 (USA, Connecticut) / 212 838 8844 (USA, New York).