



**DR. ROBERT HOUSER**  
COSMETIC & PLASTIC SURGERY  
OF COLUMBUS, INC

495 Cooper Road, Suite 217 · Westerville, OH 43081

Phone: 614.890.5565 · Facsimile: 614.890.5561

Diplomat, American Board of Plastic Surgery

Member, American Society of Plastic Surgeons

[www.Drroberthouser.com](http://www.Drroberthouser.com)

## FACE/NECK/ FOREHEAD/BROW LIFT SURGERY INSTRUCTIONS

### *Before Your Operation...*

1. No aspirin or medicine containing aspirin and no Vitamin E for 2 weeks before surgery, since they can interfere with normal blood clotting. **If needed, use Tylenol instead of aspirin.** (If in doubt, check with the office.)
2. **Smokers SHOULD STOP ALL TOGETHER FOR 2 WEEKS BEFORE surgery to reduce post operative complications caused by smoking. This includes use of nicotine in any form (tobacco, nicotine patches or gum.)**  
**\*\*\*WARNING: Smoking may cause poor or delayed healing - even death of skin (gangrene) in addition to lung complications and bleeding.**
3. Report any signs of a cold or infection appearing within 3 weeks before your surgery.
4. **If you take medication of any kind, call the office to check with Dr. Houser or his nurse about instructions for the day of surgery.**
5. Arrange for a responsible adult to drive you to your home, hotel or motel after surgery.
6. Complete financial arrangements with the Office Manager including any payments due before surgery.
7. You may color, bleach, or perm your hair up to 1 day before surgery. Do not invest in an expensive hair style immediately before surgery.
8. If you have any questions before your operation, call (614) 890-5565 weekdays between 9:00 a.m. and 5:00 p.m.

### *Day of Surgery...*

1. **Do not eat or drink anything after midnight the night before your surgery unless instructed otherwise by Dr. Houser.**
2. Wash your hair, face, ears and neck well. Do not cream your face afterwards. Don't set or style your hair.
3. No makeup please.



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4. Wear comfortable, loose fitting clothes which do not have to be put on over your head. No pantyhose please. Bring a large scarf and sunglasses to wear after surgery.
5. **You must have a family member or friend drive for you after surgery.** Upon arrival at the facility, give the nurse your driver's name and phone number, as well as address and phone number where you will be the night after surgery.
6. **You must have a responsible adult spend the first 24 hours with you.** Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly, therefore bring appropriate prescription cards with you.
7. Arrive at the facility at the time recorded on your surgery confirmation sheet.

#### *After Your Surgery...*

1. Rest until the next day.
2. You may go to the bathroom with assistance.
3. Take medications according to instructions on the bottle. Have someone else give you your pain medicine according to the correct time intervals, since under its influence, you might forget and take it too often. **Do not mix alcohol and pain medicine.**
4. Eat a soft diet requiring little or no chewing. Drink lots of liquids. Avoid very hot foods or liquids.
5. **No hot or warm compresses to the face.**
6. **Avoid smoking for 48 hours after your operation to prevent coughing and possible bleeding and skin loss.**
7. You can expect:
  - Moderate discomfort. Use pain medicine. (see number 3 above)
  - Moderate swelling.
  - Black and blue discoloration.
  - Blood on the bandage.
  - Some numbness of portions of the cheeks and scalp.
8. Call (614) 890-5565 if you have:
  - Severe pain not responding to pain medication.
  - Marked swelling or obviously more swelling on one side than the other.
  - Fever over 100 degrees F.
  - Bright red spots on the bandage which continue to enlarge.
  - The feeling the bandages are too tight.
  - Any other questions or problems.



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9. You may wash your hair with assistance after the bandage is removed the day after surgery. Expect a lot of blood in your hair and some loose hair. You will most likely need to wash your hair more than once before it is completely clean.
10. Do not put makeup over sutures.
11. Do not wear earrings for 1 week after sutures are removed.
12. You may color, perm or bleach your hair 4 weeks after your surgery is completely healed.
13. You may drive a car when you feel you can move comfortably.
14. Avoid prolonged exposure to sun and heat for 1 month to prevent swelling. Protect your skin with sunscreen.
15. Strenuous exercise (e.g. golf, tennis, swimming, weight training) may be resumed after 4 weeks.

*Feel free to call us any time. We want you to be as comfortable as possible during your healing period.*

#### *Office Visits...*

**First:** 1 or 2 days following surgery at which time your bandages and drains (if used) will be removed.

**Second:** 5 to 7 days after surgery, the stitches will be removed.

**Third:** 2 weeks after surgery.

**Then:** 2 and 6 months after surgery.