

Facelift & Neck Lift

PREOPERATIVE INSTRUCTIONS

These instructions are as important as the surgery itself.

Ignoring any step - even one that seems minor - can increase your risk of bleeding, infection, or a longer recovery. Please read *everything* carefully and share with your caregiver.

1. MEDICATIONS & SUPPLEMENTS

✗ STOP — 1 Week Before Surgery	✓ OK TO CONTINUE
Aspirin & aspirin-containing products	Tylenol (acetaminophen) for pain or headaches
Ibuprofen, Advil, Motrin, Aleve, Naproxen	Your regular prescriptions — confirm with our office
Peptides	Birth control, thyroid, blood pressure medication
Daily multivitamin and Vitamin E supplements	Anti-reflux / antacid medication
Fish oil / omega-3 supplements	
Garlic, ginger, ginseng, ginkgo, St. John's Wort	
Herbal teas & weight-loss supplements	
Coumadin, Plavix, or other blood thinners*	
Recreational drugs (including marijuana/cannabis)	

* Blood thinners must be managed with your prescribing physician before stopping.

✦ I have stopped ALL items in the red column and confirmed my other medications with the office. **Initials:** _____

2. SMOKING

⚠ You must stop smoking — including vaping and nicotine products — at least 8 weeks before and 8 weeks after surgery.

⚠ Smoking dramatically reduces blood flow to the skin and can cause skin loss, wound breakdown, and serious scarring. This is non-negotiable.

⚠ Your surgery may be cancelled if you have smoked recently.

✦ I understand that smoking before or after surgery puts my results and safety at serious risk. **Initials:** _____

3. YOUR PRE-OP TIMELINE

8 WEEKS BEFORE SURGERY

- **Stop smoking, vaping, and all nicotine products**

2 - 3 WEEKS BEFORE SURGERY

- Fill all prescriptions - do not wait until the day before
- Arrange your caregiver - a responsible adult must drive you home and stay with you the first night
- Arrange time off work, childcare, and pet care for your recovery period
- Set up your recovery space at home (see checklist below)

1 WEEK BEFORE SURGERY

- Stop all medications and supplements listed in the red column above
- Stop alcohol
- Confirm your surgery time with our office and the surgery center
- Re-read the postoperative instructions so you know what to expect

THE NIGHT BEFORE SURGERY

- Shower and wash your hair and face thoroughly with gentle soap, shampoo, and water
- Eat a normal dinner — your last meal before midnight

⚠️ NOTHING TO EAT OR DRINK AFTER MIDNIGHT including water, gum, mints, and coffee.

⚠️ Your surgery will be cancelled if you have anything to eat or drink. This is a safety requirement.

♦ I understand I must have nothing to eat or drink after midnight the night before surgery.

Initials: _____

4. MORNING OF SURGERY

- Shower and wash your hair and face again thoroughly with soap, shampoo, and water
- Brush teeth - do not swallow water
- Do not apply any lotion, moisturizer, or deodorant after showering
- Wear loose, comfortable clothing with a front opening (no pullovers, turtlenecks, or underwire bras)
- Flat, slip-on shoes — no heels or lace-up boots
- Do NOT wear: makeup, perfume, hairspray, or jewelry of any kind
- Do NOT wear: contact lenses — bring your glasses and lens case

- Bring your filled prescriptions with you to the surgery center
- Your caregiver must be with you — no rideshares or taxis alone

💡 Before you leave the house: set up your recovery spot, put pillows on the bed, and stock the fridge. You will not feel like doing this when you get home.

5. RECOVERY SUPPLY CHECKLIST — HAVE THESE READY BEFORE SURGERY

☐ 2–3 extra pillows, wedge pillow, or recliner for head elevation	☐ Frozen peas or ice packs
☐ Aquaphor Ointment	☐ Hydrogen peroxide + cotton swabs (Q-tips)
☐ Gentle fragrance-free moisturizer (Cetaphil)	☐ Artificial tears eye drops
☐ Button-front or zip-front shirts (3–4)	☐ Soft foods: applesauce, broth, yogurt, etc
☐ Plenty of water and beverages	☐ Stool softener (Colace or Peri-Colace)
☐ Phone charger at bedside	☐ Entertainment: movies, audiobooks, etc.
☐ All filled prescriptions	

6. WHAT TO EXPECT IMMEDIATELY AFTER SURGERY

The following are normal — do not panic:

- Swelling and bruising — especially in the first 72 hours
- Tightness in the neck — this loosens over the first month
- Numbness, tingling, or itching as nerves heal — can take months
- Asymmetric swelling — one side may look more swollen than the other
- Blurry vision from eye ointment placed during surgery
- A mild sore throat from the breathing tube — normal and resolves within a day or two
- Mild emotional letdown or feeling of regret in the first few days — this is common and passes

⚠️ CALL US IMMEDIATELY if you experience: rapidly increasing swelling on one side, severe pain not controlled by medication, signs of infection (increasing redness, warmth, fever), or heavy bleeding.

⚠️ After hours, go to the ER and call our emergency line.

7. KEY RESTRICTIONS AFTER SURGERY

ACTIVITY	RESTRICTION
Bending over	Avoid for 2-3 weeks — raises blood pressure to your head

Exercise / aerobics	No strenuous activity for 3 weeks; light walking and activity is fine
Driving	No driving for the first 24 hours or while on pain medication
Head position	Keep head elevated above heart for 1-2 weeks — sleep on 2–3 pillows
Hair washing	OK 48 hours after surgery; use cool/warm water only (scalp may be numb)
Glasses / sunglasses	Avoid resting frames on ears for 2 weeks
Earrings	No earrings for 8 weeks — earlobes are fragile
Sun exposure	Protect all scars with SPF 30+ for at least 6 months
Makeup	May begin 3 days after suture removal
Sodium / salt	Minimize for 2 weeks — causes excess swelling
Caffeine	Avoid heavy amounts for 2 weeks post-surgery
Alcohol	Avoid until off all prescription medications
Pullover clothing	Avoid anything tight over your head for 8 weeks — use front-zip or button-front only
Sexual activity	Follow same restrictions as exercise

8. INCISION CARE

- Clean incisions twice daily with a Q-tip dipped in 50/50 hydrogen peroxide and water
- Continue cleaning until all crusting is gone
- OK to shower and get the area wet and clean with soap and water – no submerging in bath or pool
- Apply Aquaphor Ointment to incisions after cleaning
- Keep incisions out of direct sunlight — scars that sun-expose can darken permanently
- Use a fragrance-free moisturizer (e.g. Cetaphil) on the surrounding skin as needed

Suture Removal Schedule (approximate — your surgeon will confirm):

- In front of ears and under chin: Day 5-6
- In hairline and behind ears: Day 8-9

After Day 10: Lymphatic massage is recommended to help reduce swelling and speed recovery.

Ask our office for a referral. This is optional but encouraged.

A note before you sign:

Please take a few minutes to read through this document carefully before your surgery date — not the night before, but with enough time to reach us if you have questions. Every instruction here exists for a reason, and the ones that seem minor often matter most. It is far

easier to address a concern or clarify something beforehand than to manage a complication after the fact.

If anything is unclear, call or text us at **775-525-1712**. We are always happy to answer questions and want you to feel fully prepared and confident going into surgery. Your results depend on the care you bring to this process — and we are in it with you.

ACKNOWLEDGMENT

I have read and understand these preoperative instructions. I agree to follow them completely. I understand that failing to follow these instructions may compromise my safety, my results, and my recovery.

Patient Signature

Date

Patient Printed Name

Witness / Staff Signature

Sierra Nevada Cosmetic and Laser Surgery · Kyle Yamamoto, MD · 775-525-1712 · Call or text anytime