

**MOUNTAIN VIEW COSMETIC SURGERY, LLC
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FACE LIFT

Pre-Operative Instructions:

1. Please do not take any aspirin products for two weeks prior to surgery.
2. Do not wear any make up to the hospital or office the day of surgery
3. Wear comfortable clothing with a top that either zips or buttons up. You don't want to wear anything that you have to pull over your head .
4. Have your prescriptions filled before the date of surgery but do not start taking them until after your surgery. If your surgery will be done in the office bring your prescriptions with you.
5. You will need a driver to take you home and someone to stay with you the first 24 hours.

Post-Operative Instructions:

1. You will have bandages covering your head and may have a small drain in place.
2. Following surgery, go home and lie down with your head slightly elevated.
3. Keep activity to a minimum and avoid bending at the waist, bend at the knees.
4. You may be given an appointment to return to the office the morning after surgery to have bandages and drains removed.
5. You may shower and wash your hair the day the bandages are removed.
6. Expect some swelling and bruising. The degree is variable and may be delayed. Some bruising may gravitate down.
7. After showering, you may apply make-up to lips, face, avoiding the sutures. No special medicine is needed along the suture lines.
8. Sutures will be removed in 7-10 days.