

## In Preparation for Facial Plastic Surgery

- To help minimize postoperative swelling and discoloration, you should take:
  - § Theragran M twice daily;
  - § Vitamin C 500 mg. twice daily for a week prior to surgery.
- Some additional prescriptions are given when you schedule your surgery, have them filled and begin taking them as prescribed.
- **YOU MUST AVOID** vitamin E, aspirin or products containing aspirin (such as Bufferin, Anacin, Empirin, Excedrin, Darvon and APC) during the week before or after your operation; Tylenol or Percogesic are aspirin free pain remedies that may be purchased without a prescription.
- Wash your hair thoroughly the night before your surgery; do not reapply hair spray. Patients being admitted for face-lifts should wash their hair the morning of surgery.
- Men should shave closely on the day of surgery. Exercise care to avoid shaving cuts. Women should remove all cosmetics (including fingernail polish, mascara, eyebrow pencil, and eyeliner) the morning of surgery.
- If you are to be admitted to the hospital, don't forget to bring:
  1. A head scarf to wear home (optional for women) -- a loosely fitting wig may be worn.
  2. Blouse or shirt that buttons down the front
  3. Nightgown or pajamas (optional)
  4. Bathrobe and slippers
  5. Toothbrush and toothpaste
  6. Materials to remove cosmetics -- mineral oil is helpful in removing mascara.
  7. A pair of sunglasses to wear home (optional)
- Rings, watches, and other valuables should be left at home or with a relative or close friend at the hospital.
- Please contact us immediately for instructions if you develop a cold, sore throat, fever blisters, or any skin eruption of the face the week before proposed surgery.
- Do not eat or bring anything else except the medications we will prescribe for you after midnight the night before surgery.
- Please do not take any medications without our knowledge while you are confined to the hospital -- they may conflict with something we have ordered for you.
- You will not be permitted to drive home when discharged; therefore, you should make plans to have someone drive you or take a taxi, which the hospital personnel will be glad to obtain for you.

*1993. American Academy of Otolaryngology-Head and Neck Surgery, Inc. This leaflet is published as a public service. The material may be freely used so long as attribution is given to the American Academy of Otolaryngology-Head and Neck Surgery, Inc., Alexandria, VA.*