

Facelift pre-surgery shopping list/information

SHOPPING LIST

*Low sodium foods (high sodium foods will increase your swelling making you more uncomfortable) such as unsalted crackers, graham crackers, reduced sodium soups, jell-o, bananas, rice, bread for toast, etc.

*If you don't have a recliner at home please be sure to have enough pillows to prop yourself up while sleeping. You will need to sleep elevated for approximately one-two weeks after surgery. If you are from out of town it is a good idea to bring a few pillows or a travel pillow with for the ride home.

*Baby shampoo (if you use regular shampoo after your surgery it will burn around your incisions)

*hat or scarf (The day after your surgery when you come in for your recheck your head wrap will be removed. Most patients like to bring a scarf or hat in to cover their hair when they leave the facility)

INFORMATION

*You will need to return periodically to have stitches removed. Usually 6-7 days after surgery is when the first set of stitches is removed. 10 days after surgery you will have another set of stitches to remove. If you are healing well Dr. Paulson may allow both sets of these stitches to come out at the same time.

*Please be sure you have someone around to help you for the first few days after surgery. You will likely be tired from your medications and sore from surgery so you may not feel like or may not be able to perform some of the tasks you are used to performing

*You will have a lifting/pushing/pulling restriction of less than 5 pounds for weeks 1-3 of recovery and less than 30 pounds for weeks 4-6.

*You need to have a responsible driver/caretaker with you on the day of your surgery. You may not under any circumstances take a taxi/shuttle/bus home from the surgery center by yourself. This is for your own protection and safety. You also need someone to stay with you the night of your surgery to make sure you are okay and to help you remember to take your pain pills. If you arrive to the surgery center without a driver/caretaker, you will not be allowed to have surgery

*If you are not from Bismarck or a close surrounding area you will need to stay overnight in town at a hotel. Dr. Paulson and/or one of his nurses will recheck you the next morning before you go home.

*You may not eat, drink, or smoke after midnight the night before your surgery. You also cannot chew gum or have any hard candy or anything in the mouth after midnight the night before. This is extremely important, and we will refuse to perform your surgery if you have not followed these instructions.

*You will be allowed to shower 48 hours after surgery. When you do so please stand with your back against the water so the steri strips mentioned above don't come off too soon. You may let the water/soap run over your incisions, but the incisions cannot be submerged in the bathtub for 3 weeks until stitches/staples are removed.

*You will have a facial compression garment to wear after your head wrap is removed on the first day post op. For ideal results this should be worn at all times for 3-6 weeks.

*For 10 days prior to surgery you may not take aspirin, advil, ibuprofen, anything herbal, or any multivitamins as all of these can thin your blood causing you to bleed more than usual during surgery (if you have any questions about taking other medications not mentioned please contact Dr. Paulson's nurses at 701-255-3311)