

***SCOTT J. ZEVON M.D., F.A.C.S.  
CENTRAL PARK PLASTIC SURGERY***

***RHYTIDECTOMY (FACELIFT) PATIENT INFORMATION***

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## ABOUT FACELIFT SURGERY

- The best candidate for a facelift is a man or woman whose face and neck have begun to sag, but whose skin still has some elasticity and whose bone structure is strong and well-defined. Most patients are in their forties to sixties, but facelifts can be done successfully on people in their seventies and eighties as well. Facelifts are very individualized procedures. In your consultation, Dr. Zevon will evaluate your face, including the skin and underlying bone, and discuss your goals for the surgery. Having a facelift doesn't stop the clock. Your face will continue to age with time, and you may want to repeat the procedure one or more times—perhaps five or ten years down the line. But in another sense, the effects of even one facelift are lasting; years later, you'll continue to look better than if you'd never had a facelift at all.
- ◆ Facelift does not correct severely drooping brows, or excess skin in the upper or lower eyelids, although it can be performed in conjunction with these procedures. Dr. Zevon will tell you during your consultation what surgery will give you the desired result.

## PREPARING FOR SURGERY STARTING NOW

- Please read and familiarize yourself with these instructions. By following them carefully you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with Dr. Zevon and discuss your questions at any time. Bring these instructions with you on the day of your surgery. Re-read the General Instructions for Cosmetic Surgery Dr. Zevon gave you.
- Locate your Personal Information Sheet and complete it so that Dr. Zevon's office will know who will escort you home after your surgery and where you plan to spend the night of your surgery. Bring it to your pre-operative appointment, or telephone, e-mail or fax the information to us. If you cannot locate it, let us know so that we can provide you with another.
- If your hair is very short, you may want to let it grow before surgery, so that it will cover the scars as they heal. If you color your hair regularly, plan to have it done shortly before your surgery date, as you will not be able to have your hair colored for about 4 weeks after surgery.

## PRE-OPERATIVE INSTRUCTIONS THE DAY BEFORE YOUR SURGERY

- **WASHING:** Wash your hair, face, ears and neck for 10 minutes with anti-bacterial soap. Do not apply any moisturizers or other products to your face afterwards. Do not set or style your hair.
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

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- If your surgery is in the afternoon, check with us what or when you may eat or drink before surgery.

## THE MORNING OF YOUR SURGERY

- **WASHING:** Shower and wash your face, ears and neck again with anti-bacterial soap. Do not apply any moisturizers or other products to your face, head or neck afterwards. Do not set or style your hair. If you have long hair, you may wish to pull it back loosely with an elastic band.
- **FACIAL PRODUCTS:** Do not wear any make-up, and do not apply any moisturizers, sunscreens, or anything else on your face, head or neck. Do not use hairspray or perfume.
- **CLOTHING:** Wear simple, comfortable, loose-fitting, dark colored clothing that **does not go on over your head**. Wear tops with front closures such as buttons or zippers, bottoms that are easy to pull on, and comfortable shoes. Do not wear new clothes. Sweat pants are ideal. No high heels or pantyhose. Do not bring jewelry or valuables with you.
- Bring sunglasses and a large scarf to wear after your surgery to camouflage your appearance.

## POST-OPERATIVE CARE IMMEDIATELY AFTER SURGERY

- When you arrive home, rest quietly in bed with your head raised and straight. You will have a dressing on your head, and you may have some drains at the back of the dressing. If you feel nauseated, lie on your back and remain still. Any sensation of nausea should pass by the morning after your surgery. Try to minimize conversation, smiling and laughing during the first 48 hours to keep your facial muscles quiet.
- **MEDICATIONS:** Take the antibiotics and pain medication prescribed by Dr. Zevon according to the pharmacy instructions. Don't take the pain medication on an empty stomach, as this will produce nausea and vomiting. Have another adult give you the pain medication at the correct time and/or keep written records of how much you take and when you take it. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. Do not drive while taking pain medication.
- **CALL DR. ZEVON** if you have pain not responding to pain medication. **DON'T TAKE CHANCES!** CALL IF YOU ARE CONCERNED ABOUT ANYTHING YOU CONSIDER SIGNIFICANT. During office hours, call (212) 496-6600. After hours, call (917) 612-3800.

## WHAT TO EXPECT AFTER SURGERY

- ◆ Following surgery, a small, thin tube (called a drain) may be temporarily placed under the skin

behind your ear to drain any fluid that might collect there. Dr. Zevon will wrap your head loosely in bandages to minimize bruising and swelling.

- You will have: A) Moderate discomfort; B) Moderate swelling; C) Bruising (black and blue discoloration) of the face; D) Bloodshot eyes; and E) Slight signs of blood on the bandages. Expect to feel tired for 7 to 10 days after your surgery. Try to get adequate rest, fluids and nutrition. Most patients feel “tight” around the head and neck. This sensation should subside during the first week after surgery, and will continue to improve gradually. You may feel numb in different areas of the face, neck, and ears. This is common and may last for weeks, months or up to a year after your surgery. You will have visible bruising (black and blue discoloration) and swelling of the face and neck for 2 or 3 weeks or more. You will have incisions that may be raised, slightly red and feel firm for several weeks or months after surgery. Your face and neck may feel rigid or too tight during this time. Expect not to look your best for 1-3 months after your surgery. Normal healing continues for up to one year.
- **MOVING YOUR HEAD:** The first day after your surgery, support your head with your hands when you sit up from a lying down position. If you have assistance, another person can support you carefully and help you sit up. During the first 2 weeks after surgery, do not twist your neck to turn your head. Instead turn your shoulders, not your neck. When you bend, bend your hips, knees and ankles — do not bend from the waist, dropping your head.
- **DIET:** Eat a soft diet requiring little or no chewing. Drink lots of liquids. Avoid very hot foods or liquids. Avoid prolonged chewing--do not chew hard or tough foods for the first week after your surgery. Do not gain or lose more than 5 pounds if possible or your result may be adversely affected.
- **CLOTHING:** For the first week after your surgery, do not pull on clothing over your head—wear clothing with front closure buttons or zippers.

## HEALTH & HYGIENE INSTRUCTIONS

- **ACTIVITY RESTRICTIONS:** Continue the avoidance of aspirin, aspirin products, Vitamin E and smoking for 2 weeks after surgery. Do not drink alcohol for 5 days after surgery, or while you are taking the prescription pain medication. You may drive a car with power steering after 1 week. Refrain from sexual activity for 10 days after surgery. Do not fly for 10 days after surgery. Do not schedule elective dentistry for 1 month after surgery, but you may have dental work in an emergency.
- ◆ **GROOMING AND HAIR CARE:** When Dr. Zevon permits, you may shower or bathe with warm water and gentle water pressure. You will have stitches in your scalp and around your ears. You can clean these areas gently with shampoo and your fingers or a wet cotton pad. Do not pull your ears away from your head. You may wash your hair with mild shampoo 1 week after surgery. You

may rinse your hair with conditioner before and after you shampoo to remove tangles. Continue to wash your hair daily for one week. Rinse your hair thoroughly, pat it dry with a towel, and comb or brush it gently. You may use a blow dryer on a cool setting. **Do not use a warm or hot blow dryer or sit under a hot hair dryer.** Do not use any hair clips or rollers for 4 weeks after surgery. If desired, you can your hair or get a permanent 4 weeks after your surgery is completely healed. Do not tweeze, wax or bleach facial hair for 4 weeks after surgery. Do not wear pierced earrings for 3 weeks after surgery. Men may shave with an electric razor 1 week after surgery. Men may find they have to shave in new places behind the neck and ears where areas of beard- growing skin have been repositioned.

- MAKE-UP:** You may wear make-up after checking with Dr. Zevon. Ask if you are ready during each post-operative visit until he says you are. We can assist you in techniques for concealing bruising and redness We carry camouflage cosmetic products for post-surgery patients; you can also use your own makeup and concealer. If you are interested, ask for a brochure on camouflage cosmetics.
- HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. Ask us if you wish assistance in locating a source of arnica. Take arnica orally according to manufacturer's instructions on the packaging.
- POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. If you have drains, they will be removed during the first few days after your surgery along with your head wrap. Your stitches will be removed in stages as determined by Dr. Zevon, based upon how you are healing. The stitches in front of the ears and under the chin are removed approximately five days after surgery. The stitches in the hair and behind the ears will be removed approximately 2 weeks after surgery. Check your post-operative instructions for your first appointment. If you don't have an appointment, call (212) 496-6600, tell the receptionist the date you had surgery and she will schedule your post-operative appointment. At each post-operative appointment, Dr. Zevon will advise you how soon the next one should be scheduled.

## RECOVERY TIME

- INITIAL:** 7 to 10 days
- SUBSTANTIAL:** 1 to 3 months
- COMPLETE:** Up to 1 year

## RESUMING NORMAL ACTIVITIES

- WORK:** Follow the plan you and Dr. Zevon have agreed upon. For planning purposes, you can assume it may take up to two weeks to return to work, although some patients are able to return to

work in less time.

- **EXERCISE:** Avoid vigorous activity, including strenuous sexual activity, and contact sports for 4 weeks. Dr. Zevon will give you permission to increase your activities according to the progress of your recovery and your overall fitness level.
  
- **EXPOSURE TO SUNLIGHT:** Avoid direct sun exposure on incisions for 1 month. Scars take at least one year to fade to their greatest extent. During this time, it is advisable to protect them from the sun. Use a high SPF sunblock and a hat when outside on sunny days. We carry sunscreens suitable for post-surgery patients. Continue avoidance of the sun and heat, including steam rooms and saunas, for 3 months to avoid swelling.

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