



RALPH A. MASSEY, M.D., F.A.A.D.
DERMATOLOGIC, MOHS MICROGRAPHIC & COSMETIC SURGERY



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FACE LIFT PRE-OPERATIVE PATIENT INSTRUCTIONS

1. *YOUR PROCEDURE* is scheduled for: _____ at _____.
2. *FOOD / LIQUIDS-DAY OF SURGERY:*
You may eat solid foods up to six (6) hours before your surgery.
You should limit yourself to clear fluids (plain tea, clear apple juice, clear soup broth or water) from six (6) hours to up to two (2) hours before surgery.
You should avoid all oral intake from two (2) hours before your surgery.
3. *ANTIBACTERIAL SOAP:* The day before and the day of surgery please shower with an antibacterial soap such as “Hibiclens”.
4. *MAKEUP / JEWELRY / HAIR SPRAY:* You should arrive for surgery wearing **no** makeup, jewelry, perfume or hair spray.
5. *CONTACT LENSES:* You should arrive for surgery wearing **NO CONTACT LENSES**.
6. *CLOTHING:* Wear baggy, comfortable clothing that you do **not** have to pull over your head, such as old sweat pants and an old shirt that buttons or zips in the front.
7. *ASPIRIN:* Stop taking aspirin or aspirin like products such as Ibuprofen, Advil, Motrin etc. two weeks prior to and for one week after surgery. Tylenol is okay.
8. *SMOKING:* Do not smoke or for at least one week before and two weeks after your surgery.
9. *ANTIBIOTICS MEDICATIONS:* If antibiotics are prescribed for you please start taking your antibiotics medications the **day before** surgery.
10. *TRANSPORTATION:* You must arrange for someone to pick you up after your surgery. Under no circumstances should you drive yourself or take public transportation.
11. *MUSIC:* You may bring a couple of your favorite CDs to be played during your surgery!
12. If you have any questions, please call our office. We would appreciate your calling to confirm your appointment.