



PRE OPERATIVE INSTRUCTIONS  
RHYTIDECTOMY (FACE LIFT)

*If any of these symptoms seem excessive, contact the office.  
Office Phone Answered 24 hours daily*

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1. Follow the Obagi home care cosmetic regiment for 6 weeks with tretinoin (retin-A) at least on the standard dose regiment or higher. If not on Obagi then use Hydroquinone and Retin-A.
  2. No smoking for 6 weeks prior to the procedure.
  3. No aspirin containing products (see list on website), Ibuprofen, Naproxyn, Vitamin E, Fish Oil, Oil supplements, Herbal supplements, Tea (except plain green tea), Herbals, or any other blood thinners.
  4. Only moderate alcohol use (2 glasses per 24 hours) just before the procedure.
  5. Cleanse face and hair with phisohex or other antibiotic soap the morning before the procedure.
  6. Wear no make-up or jewelry on the day of the procedure.
  7. Use no moisturizer or any cosmetic of any type the morning of the procedure.
  8. Wear loose fitting clothes without a high collar.
  9. Do not use hair spray or gels on the day of the procedure.
  10. Follow PreOp anesthesia instructions.
  11. Start PreOp valacyclovir (Valtrex) 1 day prior to the procedure.
  12. Start prescribed antibiotic as directed prior to the procedure.
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