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Asheville Head, Neck and Ear Surgeons, P.A.

EAR SURGERY
 FACIAL SKIN CANCER
 MAXILLOFACIAL SURGERY
 FACIAL PLASTIC SURGERY
 OTOLARYNGOLOGY
 ENDOSCOPIC SINUS SURGERY
 HEAD AND NECK SURGERY
 AUDIOLOGY AND HEARING AIDS

Post-Op Blepharoplasty / Facelift Home Instructions

1. Notify MD before surgery if you have a history of fever blisters
2. Notify MD before surgery of any abnormal scarring or skin infections
3. Have you ever used Retin-A? _____ Please give last date _____
4. Have you ever used Acutane? _____ Please give last date _____
5. Do not take Aspirin or NSAIDs (Motrin, Advil, Aleve) two weeks prior to, and following surgery
6. Do not take over the counter medications unless approved by MD
7. Do not take large doses of Vitamin E before or after surgery
8. Do not smoke tobacco or consume alcohol for two weeks prior to, and following surgery
9. Please give name of your primary care physician and date of last physical exam:

10. Wash your face and hair in the evening prior to surgery. Do not use makeup or hair products
11. Following surgery, avoid vigorous activity, straining, extreme turning of the head, flexion or extension of the neck
12. Keep your head elevated approximately 45 degrees to lessen swelling
13. Apply cold, moist gauze pads to eyes for 24 hours following surgery
14. Bring a scarf with you to your first follow-up visit with the doctor
15. Do not wash your hair without permission from MD
16. You may use water based makeup after 7 days
17. Do not color or perm your hair for 2 months after surgery
18. Do not use a hair dryer on hot setting to dry hair following surgery
19. Begin taking a multi-vitamin one week prior to surgery
20. Notify MD if you notice:
 - a. Persistent bleeding
 - b. Excessive swelling
 - c. Excessive pain
 - d. Fever over 101 F degrees
 - e. Any change in vision
 - f. Severe coughing, nausea or vomiting
 - g. Any event that frightens or concerns you

I have read and understand the above instructions:

 Patient Signature

 Date

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