



BOULDER VALLEY
Laser & Cosmetic

Before your Face/Neck Lift Procedure

Optimizing your body and home environment prior to your procedure will help minimize risks while facilitating a faster, healthier recovery, and a more successful outcome.

1. Stop taking all vitamins and dietary supplements 2 weeks prior to your procedure. This list includes all fish oils, glucosamine/chondroitin, ginseng, ginkgo, turmeric, garlic, vitamin E, and any other supplement you are taking. If you have been instructed by a physician to take any of these supplements, you may want to consult with that physician before stopping them. These supplements can cause thinning of your blood which can lead to more bleeding, swelling, and bruising during and after your procedure.
2. You should continue taking Vitamin D, Calcium and Magnesium supplements if you are on them. These supplements will not thin your blood and are important for your metabolism.
3. Stop drinking alcohol two weeks prior to your procedure.
4. Avoid using aspirin, Advil, Motrin, or Aleve for two weeks prior to your procedure. Tylenol is acceptable as an over the counter anti-inflammatory for use prior to your procedure.
5. Start taking Arnica tablets, and Bromelain (pineapple extract) tablets the day before your procedure. You will continue taking these tablets for 5 days after your procedure.
6. Start an oral antibiotic the day of the procedure if prescribed.
7. Prepare your house so that you don't have to do any bending and lifting after the procedure. This would include...
 - a) Going to the grocery store before the procedure and stocking your house so that you have food prepared and do not have to lift grocery bags during the immediate healing phase.
 - b) Have food stored in small containers, or individual servings so that you don't have to lift heavy serving pots and pans.
 - c) Use disposable/compostable plates and utensils so that you don't have to do the dishes or empty the dishwasher.
 - d) Do your laundry ahead of time so that you don't have to lift any laundry baskets.
 - e) If you have a dog that is more than 15 pounds, please arrange for a dog walker for the first 10-14 days after your procedure. It is best that you are not responsible for bending to pick up any dog excrement as well during this time.
8. Prepare your bed with extra pillows to keep your head elevated after your procedure. You may also want to put a towel or two down on your pillow (after a facelift) as well to help keep your pillow cases clean.
9. Prepare ice bags by placing frozen peas in small sized Ziploc bags. You may also use crushed ice or any other frozen vegetables/beans in Ziploc bags.
10. Eat a healthy diet of vegetables, especially dark leafy greens and broccoli, protein, and whole grains for two weeks prior to your procedure. Minimizing the inflammation in your body from sugar, fast food and fried food will help your body be better prepared for your procedure.
11. It is crucial to have realistic expectations for your procedure and the recovery process.
 - a) Pain and discomfort (if applicable) will peak in the first week after your procedure and will usually improve by the end of the second week.

- b) Swelling will also peak in the first week after your procedure. By the end of the second week after your procedure, the swelling is typically much improved but not resolved. It takes months for full resolution of swelling after any procedure, and this is generally a gradual process that improves over the course of months.
- c) Numbness is extremely common after many procedures, and typically can last 3-6 months before gradual complete resolution.
- d) Tightness after neck lifting may be noticeable for 3-6 months after the procedure with gradual improvement over that timeframe.

We are here for you! Don't ever hesitate to ask us any questions about your procedure, or the recovery process.