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Sinus Disorders  
Pediatric ENT Care  
Ear Injuries & Disorders  
Thyroid Problems  
Hearing Loss  
Facial Plastic Surgery  
Voice Disorders  
Acid Reflux

## Blepharoplasty / Facelift 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:

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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 for up to two weeks.
  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 ONLY 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 degrees F
    - 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:**

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Patient Signature

Date

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