



Dr. J. Ben Hengy & Dr. Andrew Mendians

QUICKLIFT FACELIFT PREOPERATIVE INSTRUCTIONS

PREOP: Required pre-op testing should be done immediately either at Memorial Medical Center, West Shore Medical Center or one of the out reach labs with the results being faxed to 231.398.9541. Failure to do so in a timely manner will result in the cancellation of your surgery.

PRESCRIPTION: Please have all of your prescribed medications filled as well as purchase your over the counter and take as directed.

MEDICATIONS/DRUGS: Stop the use of medications containing Aspirin/Ibuprofen, Omega 3 fish oil, Niacin, Vitamin E, Garlic, Multi Vitamins and herbal supplements 2 week prior and 2 weeks post surgery. A list of over-the-counter medications to avoid is available on our website and will also be included in your preoperative paperwork.

DIET: Many foods also contain aspirin properties and/or can affect bleeding times. A list of these foods is included with your paperwork as well as available on our website. Please refrain from eating these foods 1 week prior through 1 week post surgery. Vitamin K plays an important role in blood clotting and preventing excessive bleeding. Foods rich in Vitamin K are encouraged as part of your diet 1 week prior to surgery. These include canola oil, olive oil, crucifer vegetables (leafy dark greens, spinach, broccoli, and cabbage), beef liver and bran.

SKIN CARE: You will have a skin care consultation with one of our Aestheticians/Clinicians who will provide you with the necessary skin care products including Vitamin K serum to minimize bruising.

HAIR: Do not cut your hair before surgery. Hair should actually be longer than usual. Men should **NOT** shave their sideburns.

NO SMOKING: For at least 6 weeks prior and 2 weeks post surgery.

NO ALCOHOL: For at least 2 weeks prior and 2 weeks post surgery.

PATIENT SELF-CHECKLIST: If not completed 1 week prior to surgery, call our office.

UNEXPECTED HEALTH PROBLEMS: Please contact us immediately if during the week prior to surgery you develop a cold, sore throat, fever, cold sore, or any skin problems.

PERSONAL ITEMS: Please leave all jewelry including watches at home. If you wear contact lenses, please wear glasses to the office that day or be prepared to remove your contacts.

SEDATION: If you are having local sedation or oral sedation with local, you must not have anything to eat or drink after midnight.

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