

Face Tite

Pre-operative Instructions

- You must have an able-bodied adult drive you home from the office. You will not be permitted drive yourself or use public transportation including Uber or Lyft.
- Tips to minimize bruising. Avoid the following 2 weeks prior to your treatment: o All anti-inflammatories and blood thinners, including prednisone, aspirin, naproxen, ibuprofen, etc. If you need these products for your health, please do not stop your medication without permission from your primary healthcare provider. o Supplements that can increase bruising, some of which include: alpha-lipoic acid, acetyl-lcarnitine, cinnamon, clove, CoQ10, chamomile, creatine, echinacea, ephedra, fish oil, garlic, ginger, ginkgo, ginseng, glucosamine, glutamine, goldenseal, L-carnosine, licorice, milk thistle, resveratrol, turmeric, St. John's wort & vitamin E.
- We suggest no alcohol during 7 days before and 2 days after Face Tite (alcohol decreases resistance to infection). Avoid red wine for 10 days before Face Tite because it can increase bruising.
- Avoid tobacco smoking. No smoking is permitted for at least 1 week before AccuTite and 2 weeks after. Nicotine interferes with the healing process.
- Arnica Montana Facial Plastic Surgery Treatment kit can be purchased to help with bruises, begin the day before your procedure
- Bruising can also be improved by eating FRESH pineapple ½ to 1 whole everyday while the bruises are still purple. (The core is the most important part, and you need to eat it 2 hours away from a protein). If you cannot tolerate the pineapple, you can purchase Bromelain and take 6 times the dose on the bottle until the bruises are no longer purple.
- LED light treatments can be done immediately after your treatment and every 48 hours after to reduce the duration of your bruising \$50 per treatment
- Do not wear any unnecessary jewelry, no perfume, and minimize use of cosmetics.
- Arrive with no facial makeup or contact lenses. Please wear eye glasses the day of AccuTite.
- Diet before Face Tite: Nothing to eat or drink the morning of the procedure

Post-op Instructions 8-4 call the office with questions 317-814-1104 After hours EMERGENCIES Text 317-752-8626

- Antibiotics are required for one week starting the day of treatment. Antivirals are required starting the day before treatment if the treatment area involves the face. These will be prescribed for you at your preop visit.
- Post treatment dressing and neck/chin strap will be provided for you, so you do not need to bring one. Treatment areas may have dressings or compression garments that need to be worn for the first 48 hours. You may change the dressing after the first 24 hours and take a shower, then replace the dressing/garment. After 48 hours wear the garment while sleeping at night for 2 weeks. (12 hours a day is best)
- Cleanse the treated areas gently with mild soap such as Cetaphil or Cera-Ve and water after removing the dressing after 24 hours.
- Avoid drying or irritating facial products including retinol and acids for 2 weeks after AccuTite. Do not rub or irritate the area.
- Sleep on several pillows or in a recliner to keep your head elevated for at least 2-3 days to help minimize swelling.
- Minimize talking or chewing for 48 hours. We recommend a soft diet for the first 48 hours. • Limit physical activity and exposure to excessive heat and UV light for 2 weeks. Walking is okay and helpful for reducing post-operative swelling.
- If you have discomfort in the days after treatment, you can take Tylenol. Do not take any medicine containing Aspirin or ibuprofen as this can contribute to bruising. You should only expect mild discomfort for a few days. • Post op swelling and bruising is common and may persist for up to 3-4 weeks.
- Make-up may be applied 48 hrs after the procedure but avoid applying near the incision points or sutures.
- Tiny scabs may appear near incision points. Do not pick at these scabs.
- Facial shaving should be avoided, if possible, for the first week.
- No smoking for at least 14 days post procedure. Smoking will delay your healing.

Please call the office with any questions and notify us immediately if any of the following symptoms occur • Fever (greater than 101 degrees) • Nausea/vomiting (especially in the first 24-48 hours following surgery) • Increased redness, swelling or heat associated with increased pain.