**Before Facelift Surgery**

**Supplements**

If time permits taking an antioxidant supplement made up of vitamin A, C and E is beneficial. However, vitamin E needs to be stopped 10 days before your surgery, as it can affect your bleeding time. It can be recommenced after your surgery. Vitamin C (asorbic acid) can be continued throughout. This will aid healing and strengthen your immune function.

**Two Weeks Before Surgery**

1. Take your usual prescribed medication, unless otherwise advised by Mr Julian Lofts.
2. Take Vitamin C – 1000mg twice daily.
3. Discontinue any aspirin, disprin or anti-inflammatories (10 days before your surgery), unless otherwise advised by Dr Lofts.
4. If you are planning to colour your hair, please do this at least 2 weeks before your surgery.

**One week before your surgery**

* Have your blood tests taken at any Labtests laboratory.
* Return hospital registration forms and consent form.

**One day before surgery**

See a manual lymphatic massage therapist for a massage if time permits.

**Day of surgery**

1. Wash your hair
2. **DO NOT** wear any makeup to the hospital (particularly mascara)