



## **Cheng Hsin General Hospital**

### **Precautions before Mid-face Lift Surgery**

1. General anesthesia will be used, and fasting for 6-8 hours (including water) is required after midnight the day before surgery.
2. Blood tests, chest X-rays, and electrocardiograms are required before surgery.
3. Avoid dyeing or perming hair two weeks before surgery to prevent excessive scalp stimulation. Wash hair the night before surgery and keep the scalp clean. Do not apply any hair care or styling products.
4. Smoking and alcohol should be avoided two weeks before and two weeks after the surgery to prevent any impact on the wound healing process.
5. Stop taking anticoagulant drugs or health supplements that affect blood clotting, such as aspirin, vitamin E, ginkgo biloba, lingzhi, and fish oil, one week before surgery. Stop taking blood-activating supplements to avoid bleeding and bruising after surgery.
6. On the day of surgery, do not drive or ride a motorcycle, and be accompanied by family members. Do not wear makeup, metal items, or contact lenses.
7. If you have chronic diseases such as hypertension, heart disease, asthma, thyroid disease, or are taking medication for a long time, you can discuss with your doctor whether to continue taking or stop taking medication for a few days before surgery.
8. Inform your doctor in advance if you have a predisposition to crab claw edema or hypertrophic scars.
9. Bring related items on the day of surgery: sunglasses, masks, scarves, or hats to wear when returning home after surgery.

## **Precautions before Mid-face Lift Surgery**

10. The surgery time is about 3-4 hours, not including preoperative anesthesia preparation and recovery time.