

BEFORE SURGERY

TWO WEEKS PRIOR / FOLLOWING SURGERY:

1. **Avoid all products that may interfere with blood clotting.** Examples: aspirin, ibuprofen, or aspirin based products, NSAIDS (non-steroid anti-inflammatory drugs), vitamins E and supplements, garlic extract, alcohol (including wine and beer), herbal products and fish.
2. Avoid all smoking or nicotine products including nicotine gum and patch.
3. Avoid all medications unless cleared through our office. Contact prescribing doctor for alternative medication if necessary. You must notify us of **ANY** medications you are taking. This includes over the counter, non-prescription drugs.
4. Tylenol (acetaminophen) is allowed pre-op and post-op for pain and/or fever.
5. Purchase: hydrogen peroxide, Q-tips, baby shampoo, Arnica, and Bromelain.
6. Discontinue all diet pulls or supplements 2 weeks prior to surgery.
7. For nasal surgery, one should trim one's nasal hairs prior to surgery.

DAY/NIGHT BEFORE SURGERY

1. Wash face and shampoo hair using baby shampoo and gentle soap.
2. Do **NOT** eat or drink anything after midnight except as directed by doctor or staff.
3. Fill and pick up all post-op prescriptions.
4. All travel companion arrangements are in order for transportation to the surgery and pick up after. This companion should remain with you for several hours following surgery. **YOU WILL NOT BE ALLOWED TO PROCEED WITH SURGERY UNLESS THESE ARRANGEMENTS ARE IN ORDER.**

DAY OF SURGERY

1. Take any pre-op medication as instructed by doctor or staff, only if pre-approved.
2. Remove contact lenses.
3. Leave valuables at home or with family members.
4. Bring a form of ID and manner in which to pay for surgery center, if applicable.
5. Wear loose comfortable clothing. Bring warm socks, as it may be cool in the surgery suite. Bring scarf or sunglasses (**NO GLASSES AFTER A RHINOPLASTY**), to wear when leaving, if desired.
6. Do not sign any papers, make appointments or important decisions for 24 hours after surgery. The post-op medications may alter your judgment.

AFTER SURGERY

FACELIFT SURGERY

- Clean the incisions with hydrogen peroxide once daily.
- Apply antibiotic ointments to all incisions twice daily.
- All stitches will be removed in 4-8 days.
- Wear the chinstrap provided as much as possible for 1 week after leaving surgery center. Remove if skin irritation begins. **DO NOT** allow Ace bandage to roll up or wrinkle under the chin.
- **DO NOT** use earrings for three (3) weeks after surgery.
- Ice cubes in rubber gloves, cold compresses or frozen peas should be used for 72 hours on an hourly basis when awake. Then after, use warm compress in areas of bruising.
- **KEEP HEAD ELEVATED WHILE RESTING, RELAXING, OR SLEEPING FOR AT LEAST 1-2 WEEKS.**
- You may shower with lukewarm water starting 48 hours after surgery.
- No heavy exercise for 2 weeks.

FOREHEAD LIFT

- Clean the incision as needed with hydrogen peroxide.
- Apply post-op medication ointment to appropriate incisions.
- You may wash your hair after your first post-op appointment.
- **DO NOT** use a shower cap or headband for six (6) weeks after surgery.
- All stitches will be removed in 2-4 days. All clips will be removed in 6-8 days.
- **DO NOT** use earrings for three (3) weeks after surgery.
- Ice cubes in rubber gloves, cold compresses or frozen peas should be used for 72 hours on an hourly basis when awake. Then after, use warm compress in areas of bruising.
- No heavy exercise for 2 weeks.
- **KEEP HEAD ELEVATED WHILE RESTING, RELAXING, OR SLEEPING FOR AT LEAST 1-2 WEEKS.**

OTOPLASTY

- Clean the incisions with hydrogen peroxide twice daily.
- Apply antibiotic ointments to appropriate incisions twice daily.
- Your stitches are dissolvable and will not require removal.
- No heavy exercise for 2 weeks.
- Head band should be worn continuously for one week, thereafter at night for 6 weeks.
- **KEEP HEAD ELEVATED WHILE RESTING, RELAXING, OR SLEEPING FOR AT LEAST 1-2 WEEKS.**

NASAL SURGERY

- Clean the incision line and nostril rim at the base of the nose once a day with hydrogen peroxide.
- Drip pad may be discontinued when no longer needed, 1-3 days.
- Apply antibiotic ointments to nostrils and incisions twice daily.
- All stitches will be removed in 4-8 days.
- A humidifier is recommended; you may shower after your first post-op, if you cover your cast with a piece of plastic as a shield.
- Ice cubes in rubber gloves, cold compresses or frozen peas should be used for 72 hours on an hourly basis when awake. Then after, use warm compress in areas of bruising.
- No heavy exercise for 2 weeks.
- No sunglasses/eyeglasses for 6 weeks after surgery.
- **KEEP HEAD ELEVATED WHILE RESTING, RELAXING, OR SLEEPING FOR AT LEAST 1-2 WEEKS.**

CHIN IMPLANT/ LIPOSUCTION

- Clean the incisions with hydrogen peroxide once daily.
- Apply antibiotic ointments to appropriate incisions twice daily.
- Your stitches are covered with a bandage. They will be removed, along with the wide tape on neck, in 4-8 days.
- In males, the tape may fall off because of the beard growth prior to your first post-op appointment. This is normal.
- Ice cubes in rubber gloves, cold compresses or frozen peas should be used for 72 hours on an hourly basis when awake. Then after, use warm compress in areas of bruising.
- No heavy exercise for 2 weeks.
- **KEEP HEAD ELEVATED WHILE RESTING, RELAXING, OR SLEEPING FOR AT LEAST 1-2 WEEKS.**

EYELID SURGERY

- Clean the incisions with hydrogen peroxide once daily, making sure it does not leak into eyes.
- Apply ophthalmic antibiotic ointments to appropriate incisions twice daily.
- All stitches will be removed in 4-8 days.
- Natural or artificial tears may be placed in eyes during the day, and the ointment provided at bedtime, for any eye discomfort.
- Ice cubes in rubber gloves, cold compresses or frozen peas should be used for 72 hours on an hourly basis when awake. Then after, use warm compress in areas of bruising.
- No heavy exercise for 2 weeks.
- **KEEP HEAD ELEVATED WHILE RESTING, RELAXING, OR SLEEPING FOR AT LEAST 3-5 DAYS.**

POSTOPERATIVE DIETS SUGGESTIONS

- **DRINK PLENTY OF LIQUIDS:** Please drink as much water as possible, in addition to other liquids. Avoid sodas and caffeinated drinks. Citrus-based juices may irritate your stomach.
- Good nutritious food on the first 2-3 days are very important in the healing process and will help you feel stronger sooner. Soft foods are best to start out with here are some suggestions: baked or mashed potatoes, warm soups, creamed vegetables, canned fruit, oatmeal, Cream of Wheat, any type of baby food, yogurt, bananas, apple sauce, JELLO, pudding. Fruit Smoothie: Mix 3-4 Tbsp yogurt, ½ cup juice, and any fruit. Blend until smooth.
- **NO SMOKING**
- **NO ALCOHOL**
- **NO** diet foods. **NO** diet drinks. Your body needs the calories for proper healing.
- **NO** aspirin or aspirin based products (see attached list).
- No salty or spicy foods.
- No hot temperature foods (warm is preferred) as it may cause bleeding.
- No heavy or big meals. Start small and light, then slowly increase as tolerated.

SUGGESTIONS TO MINIMIZE SWELLING AND BRUISING

- **ARNICA** tablets daily as directed on bottle purchased 5-7 days before surgery and continue after surgery with your post operative medications.
- **BROMELAIN** tablets (Bromelyme) daily as directed on bottle purchased 5-7 days before surgery and continue after surgery with your post operative medications.

These are taken to help prevent swelling and bruising. They can be purchased at any Whole Foods or GNC store nearest to you. You may also find them at your local health food store.

***IBUPROFEN IS ALSO KNOWN TO CAUSE PROLONGED BLEEDING AND SHOULD BE AVOIDED AS WELL.**

If you must take something for relief of headache, menstrual cramps, backache, etc., please take **TYLENOL** (as directed) for the two weeks before and after your surgery.

PLEASE CHECK ALL MEDICATIONS YOU ARE TAKING FOR ASPIRIN CONTENT. If you are taking a medication not listed above you may call the office to check the Aspirin/Ibuprofen content of you can contact your pharmacist.

All herbal medicines, vitamins and dietary/nutritional supplements need to be stopped two weeks prior to surgery by weaning over three days.

ASPIRIN CONTAINING COMPOUNDS & MEDICATIONS

*****IMPORTANT INSTRUCTIONS*****

Aspirin and aspirin-related drugs (including arthritis and cold medications) cause prolonged and excessive bleeding in normal individuals during surgery. Therefore, you must not take these products for two weeks after your surgery. The following is a partial list of medications containing Aspirin that are to be avoided:

A.P.C.	Fiorinol
Advil	Four-Way Cold Tablets
Alka-Seltzer	Indocin
Anacin	Measurin
Anaprox	Midol
Arthritis Pain Formula	Monacet with Codeine
Ascodeen-30	Motrin
Ascriptin	Naprosyn
Aspirin Suppositories (all brands)	Norgesic
Aspirin	Nuprin
Bayer Aspirin	Os-Cal-Gone
Buff-a-Comp	Pamprin
Buffadyne	Pamprin (Buffered)
Bufferin	Panalgesic
Butalbital	Pepto-Bismol
Carna Arthritis Pain Reliever	Percodan
Carna-Inlay Tabs	Persistin
Cheracol Capsules	Propoxyphene
Congespirin	Robaxisal
Cope Coricidin	Sine-Off
Coricidin	Stendin
Darvon Compound	Stero-Darvon with A.S.A.
Dristan	Supac
Doan's Pills	Synalgos
Duragesic	Synalgos-DC
Ecotrin	Tolectin
Empirin	Traminicin
Emprazil	Vanquish
Equagesic	Voltaren
Excedrin	