



## GENERAL INFORMATION AND PREPARATION BEFORE AND AFTER SURGERY

### 1–2 WEEKS BEFORE SURGERY:

1. There are certain medications that affect blood clotting. To avoid bleeding during the operation and to ensure the least possible “black and blue” discoloration following the operation, **DO NOT** take any aspirin, ibuprofen, or NSAID products (i.e., Advil, Motrin, Nuprin, and Aleve) for one (1) week before your scheduled procedure. You may take Tylenol (acetaminophen) if needed for pain or aches. Please contact the office if you have a question about any medications that you are taking.
2. Please discontinue vitamin E, just as you are to avoid aspirin. Vitamin E is present in many multivitamins. There is some indication that it, too, may upset the first stages of the clotting process. You may begin vitamin E again two (2) weeks after surgery.
3. Please discontinue any herbal supplements (i.e., Echinacea, Ephedra, feverfew, garlic, ginger, ginseng, Ginkgo biloba, goldenseal, kava-kava, licorice, saw palmetto, St. John’s Wort, and valerian) for two (2) weeks prior to surgery and two (2) weeks after surgery. These supplements have been shown to inhibit the clotting and healing process.
4. Vitamin C may aid in preventing bruising and in speeding healing. If you are not one of the rare people who are sensitive to this vitamin, please take 2,000 mg per day (you may divide this into two [2] doses—a.m. and p.m.) beginning two (2) weeks before surgery. If you are a smoker, you must take at least 4,000 mg of vitamin C, due to the risk of poor healing with smoking.
5. I recommend taking Arnica montana to reduce post-operative bruising. Medical studies have shown the benefits of homeopathic Arnica montana to reduce the amount of bruising normally seen after surgery. Because Arnica montana is a natural, safe remedy, it is known for having virtually no contraindications, no drug interactions, and no side effects. We carry Arnica montana for your convenience, and it is also available at health food stores.
6. Antibiotics are routinely given after facial plastic surgery. If you have active acne or a tendency toward cyclic facial pimples, we may consider using a pre-operative antibiotic, as well. Antibiotics and anti-viral medications are used in conjunction with facial laser treatments.
7. Active nasal allergic conditions will require a special anti-allergic medication, which will temporarily eliminate the symptoms at the time of and following surgery. This will be discussed with you. This medication also reduces the edema or swelling that is associated with facial surgery.
8. If you are a diabetic or are hypoglycemic, notify your internist. We want to make sure this is under control prior to your surgery and will want to follow your doctor’s instructions the day of surgery. Poor blood sugar control can contribute to slow or poor recovery.

9. If you have blood pressure or heart problems, notify the doctor. We will require you to have a general physical evaluation by your regular doctor several weeks prior to surgery to obtain medical clearance for surgery.
10. Notify the doctor if you are on any diuretics (water pills) or if you are currently taking or have been on steroids or Accutane in the past year.
11. If you routinely take any medications, if you are allergic to any medications, or if you forget to discuss any medical condition during the consultation, please call the office prior to surgery.
12. Inform the doctor if you are developing a cold, chest congestion, nasal stuffiness, fever, or a skin infection around the surgery site. Inform the doctor if you are pregnant or become pregnant.
13. If you smoke, you must stop two (2) weeks prior to surgery and for two (2) weeks following surgery. The harmful effects of smoking are most damaging following facelift surgery. Nicotine's "tourniquet-like" effect on small blood vessels can cause skin death.
14. Alcohol is a potent blood vessel dilator and, in the postoperative condition, can promote swelling of the surgical area and even bleeding. It is best to avoid alcohol intake for at least one (1) week prior to surgery and for 10 days following surgery.
15. You must remain in the Atlanta metropolitan area for at least one (1) week following surgery. We will help make arrangements for out-of-state and foreign patients who do not have a local residence.
16. If you are having laser skin resurfacing, avoid sun exposure for two (2) weeks prior to surgery. This is also the time you will need to pre-treat your skin with topical skin products that we provide to you at your pre-op appointment.
17. Please protect your skin from the sun by wearing a hat and/or sunscreen (at least SPF 30) both before and after your surgery.

#### **DAY BEFORE AND DAY OF SURGERY:**

1. **DO NOT** eat or drink anything after midnight prior to the morning of your surgery unless specifically instructed otherwise.
2. Do not wear any makeup or lotions to surgery.
3. Be at the surgical facility at the designated time and arrange for transportation to and from the surgical facility. You **MAY NOT** drive yourself, due to the effects of sedation. Patients 18 years or younger must be accompanied by a parent or guardian.
4. Do not wear any jewelry and leave all valuables at home.
5. Wear loose-fitting clothes that you do not need to pull over your head. Zip-up or button-up shirts are recommended.

6. Please do not wear fingernail polish to surgery. If you wear artificial nails, please remove the nail on your right index finger prior to coming in for surgery. This is so that monitoring equipment can be attached.

**AFTER SURGERY:**

1. You must allow yourself a period of time to recover following your operation. The earliest you should expect to be presentable is as follows:

Rhinoplasty	7 days
Endoscopic Brow Lift	7 days
Blepharoplasty	8–10 days
Facelift	10–14 days

These are only estimates, but most patients are presentable after these time periods. Please remember that it will take more time, in some cases several months, before you will see the final results of surgery.

2. After your surgical procedure, try to eat nutritious foods. This is very important in the healing process and will help you feel stronger sooner. This is not a time to be concerned with calorie counting.

Soft foods are best to start with. Don't force solid food the day of surgery. Some suggestions include: baked or mashed potatoes, cooked vegetables, Jell-O or pudding, sorbet, applesauce, bananas, canned fruit, cottage cheese, tuna fish, eggs, oatmeal, cream of wheat, any type of baby food, warm soups, protein shakes, and Ensure (dietary supplement shakes).

Drink plenty of liquids (avoid acidic juices, which may irritate your stomach, and milk, which causes mucous to thicken).

**NO** diet foods. **NO** diet drinks. Your body needs the calories for proper healing.

**NO** salt. **NO** spicy foods.

**NO** hot foods (may cause bleeding). Warm foods are OK.

**NO** smoking. **NO** alcohol.

Taking narcotic medications can cause constipation. If this occurs, we recommend taking an OTC product such as Colace.

***THINGS TO AVOID FOR THE FIRST 24 HOURS AFTER NASAL SURGERY***

**Straws:** may cause too much negative pressure or movement of the mouth.

**Extreme temperatures:** Hot food or drinks may burn mouth due to temporary numbness and may cause more bleeding, swelling and bruising. Cold may induce coughing.

**Dairy Products:** Milk, cheese, and ice cream may thicken your mucous. Eggs, yogurt, butter, and sour cream are OK. Popsicles are OK.

3. **ALWAYS HAVE ASSISTANCE WHEN WALKING THE DAY OF SURGERY.** Walking is encouraged and can begin immediately. However, you do not want to over-exert yourself. Elevation of your heart rate can lead to bleeding, particularly during the first two (2) weeks after surgery. At 14 days following surgery, you can begin non-impact exercise, such as stairmaster, elliptical trainer, or stationary bicycle, and add light weights. At four (4) weeks, you may run and fully exert yourself. At six (6) weeks, you may return to contact sports. Please note: Swimming goggles should not be worn until 14 days following a facelift or eyelid surgery and 28 days (four [4] weeks) following rhinoplasty.
4. A slight fever of 100+ is not unusual following facial surgery. This is especially true following nasal surgery. It does not mean you have an infection. This elevation in temperature is a natural response to surgery.
5. A frequent question is "when can sexual activity resume?" As a moderately exertional activity (caloric expenditure), sexual activity can safely be resumed at one to two (1–2) weeks following facial plastic surgery.
6. Healing of tissue varies from person to person. It is infrequent but possible that a secondary, usually minor, procedure may be advised.
7. Whether you are contemplating or have decided to undergo facial plastic surgery, be prepared to hear all manner of stories and judgments from relatives and friends. If you ask an opinion about your surgery, most people will not be supportive. Many will have some tale of difficulty to tell you: it is an unfortunate fact of human nature. Occasionally, relatives and friends who are told you have made a definite decision about facial surgery are more supportive. After surgery, almost everyone will forget their negative statements. They will admire the results and see, for the first time, what you were talking about.
8. Observe, in yourself and in those around you, that the two sides of the human body are not the same. Aesthetic surgery can never make them exactly the same.
9. Our purpose and goal in facial aesthetic surgery is improvement and not perfection.
10. Feel free to call the office at **404-303-0101** if you have any questions or concerns before or after your surgery.