

## **PATIENT INSTRUCTIONS FOR FACIAL PLASTIC OR COSMETIC SURGERY**

### **INTRODUCTION:**

Please read and familiarize yourself with these instructions both before and after surgery. By following them carefully you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with our office and discuss your questions at any time. Please contact us immediately for instructions if you develop cold, sinus infection, fever, fever blisters, or skin eruptions of the face the week before the surgery. None of these necessarily mean that your surgery would have to be canceled, but we may wish to give you some additional instructions.

### **IN PREPARATION FOR YOUR OPERATION:**

**To help diminish the amount of swelling and discoloration following surgery, we request that you start taking the following:**

**Vitamin B Complex (one daily)**

**Vitamin C - 1000 mg. (one daily)**

**Bromelain - 500 mg (twice daily)**

**Start taking Vitamins one week prior to surgery and continue for 1 week after surgery.**

**AVOID taking aspirin, or aspirin containing products, Vitamin E supplement, garlic supplement and all herbal supplements** for 3 weeks prior to surgery and for 10 days after surgery. All these substances alter the clotting mechanism of blood and can cause increased bleeding with your surgery. Also avoid **alcohol** for 4 to 5 days prior to surgery. **Smoking** should be stopped one week prior to surgery. Smoking will increase the post-operative healing time because it causes constriction of small blood vessels.

You may want to bring the following items with you to the office the day of your surgery:

- Blouse or shirt that buttons down the front
- A pair of sunglasses to wear home (optional)
- A head scarf to wear home (optional for women)

Please have someone drive you to the office the morning of the surgery and arrange for someone to pick you up and to stay with you the night of the surgery. You will not be permitted to drive home when discharged. Our office personnel can obtain transportation for you but it will still be necessary to have someone stay with you the night of your surgery. If you have no one that can stay with you, we will be happy to arrange for a private nurse to be with you. It is imperative that you not be alone following surgery.

**If your surgery is scheduled for the morning, you cannot eat or drink anything (including coffee, juice, or water) after midnight the night before the procedure.** If your surgery is scheduled after 12:00 noon, we encourage you to have some coffee or hot tea, juice, and dry toast for breakfast before 7:00 AM, but do not eat or bring anything else except the medications we will prescribe for you.

**You will need to wash your body, face and hair thoroughly the night before the surgery with Hibiclens a Antimicrobial and Antiseptic skin cleanser.** Patients having facial plastic surgery should wash their face the morning of the surgery as well.

Men should shave closely on the day of surgery.

Women should remove all cosmetics (including fingernail polish, mascara, eyebrow pencil, and eyeliner) the morning of the surgery.

Gowns furnished by the office will be worn to surgery. Something fancier may be worn afterward if you desire: however, garments that slip over the head should not be used. Plan to wear something that buttons or fastens in the front.

Rings, watches, and other valuables should be left at home or with a relative or close friend at the office.

Please do not take any medications without our knowledge while you are confined to the office -- they may conflict with something we have ordered for you.

See shopping list that was supplied to you and purchase items prior to surgery.

Please fill all prescriptions and bring with you the day of the procedure in their original bottle.

ALSO: Please be good enough to contact us **immediately** if you should need to postpone your surgery so that we may have an opportunity to fill the vacancy in our surgical schedule. Thank you for your confidence in us.

Post-operative instructions will be given to you following surgery.

**NOTE: Please keep these suggestions and bring them to the office with you.**

### **Items Needed For Overnight Stay**

1. Comfortable loose fitting, button down pajamas.
2. Socks
3. Bathrobe
4. Personal Toiletries -Toothbrush
5. All post operative medications, including medications being taken prior to surgery that have been approved by Dr. Tzikas.
6. Change of clothes for the following day. Shirt or Blouse that buttons in the front.