

GUELPH | FACIAL PLASTICS

- All-inclusive skin and healing package -

BEFORE SURGERY

1. ALASTIN SKIN NECTAR

Start 2 weeks before surgery

Add this product into your morning and nighttime skincare routine. Apply 1-2 pumps to your skin after cleansing, then you may follow with your usual skincare routine. The *Skin Nectar* will aid your healing and reduce recovery time.

2. **To STOP 2 weeks before surgery**

- Taking supplements that can thin your blood (fish oil, garlic, ginger, turmeric, ginseng)
- Drinking alcohol
- THC products
- Blood thinners such as Aspirin at least 5 days before surgery or as directed by Dr. Brace

3. ARNICA

Taking *Arnica* will limit swelling and bruising, overall reducing your downtime after surgery

Take the "pre-op" capsule the night before surgery

Take the "post-op" capsule when you get home after surgery

Take the "bedtime day of surgery" capsule at night, before bed, the day of surgery

Follow the pack instructions to finish all included *Arnica* capsules

DAYS 1-7 AFTER SURGERY

Follow your post-op care sheet for all wound and general care instructions

****Avoid any skincare products on your incision lines!****

1) Cleanse your skin or gently rinse with warm water anywhere that does not have incisions or specific wound care instructions

2) Apply *Alastin Skin Nectar*

4) Follow with a gentle moisturizer

Repeat this skincare morning and nighttime. This routine can continue even after you are healed to enhance your skin. When you are going outside its important to add SPF to your morning routine.

PINEAPPLE

To limit bruising and swelling it is encouraged to eat pineapple daily after surgery. The core is an important part of the pineapple, blending it into a smoothie is recommended. If you cannot tolerate pineapple, you may purchase bromelain tablets for a similar effect.

1 WEEK AFTER SURGERY

Skin Medica Scar Recovery Gel is provided for you. When your incision lines are no longer scabbing, you may start to use this morning and night. The scar gel is silicone based, this will help your scars to heal well and fade sooner. Nurse Jocelyn may provide you with different instructions depending on your individual healing. She will discuss this with you at your 1 week follow up appointment. The scar gel will typically replace your wound care at this point; use the tube until it's finished.

SKINCARE

You may start using *Skin Medica HA5* in your morning and night skin care routine. Apply it after cleanser, before the *Skin Nectar*.

1 MONTH AFTER SURGERY

Nurse Jocelyn will begin laser scar treatments at your 1 month follow up appointment. These laser treatments will continue monthly until your scars are matured. Dr. Brace will take your first post op photos and assess your healing.

SKINCARE

Active ingredients may start at this time. Retinol, vitamin C, and exfoliants are recommended to help your skin look healthy. Healthy skin will enhance your overall result of surgery.

3 MONTHS AFTER SURGERY

Most surgical swelling will be resolved, and you should be loving your results!

Now is a great time to plan skin boosting treatments with laser devices:

Vbeam

If you have rosacea or facial redness this treatment will even out your skin tone

CO2 laser

If you didn't do this at the time of surgery, you can do this treatment any time after 3 months post op. It will reduce fine lines, sun damage and pigmentation.

Profound

This is micro-needling with radiofrequency energy. It's recommended to do this treatment 1-2 years after surgery. It boosts your skin with collagen, elastin, and hyaluronic acid. This will tighten your skin and help to maintain your results; this is great to prevent any new signs of aging.

For any questions regarding skincare or laser treatments you may reach out to Brittany or Gigi. For any questions regarding healing or wound care Nurse Jocelyn is your primary contact.