



# CORRADO

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CENTER FOR FACIAL PLASTIC  
& COSMETIC SURGERY

Facial Plastic Surgery Patient Handbook

## **Preoperative Patient Information Packet**

### **(Facial Surgery)**

#### **CHECKLISTS**

##### **Two weeks prior to Procedure**

1. Discontinue all aspirin and aspirin-containing products in addition to everything found in your General Preoperative Instruction Sheet. Please avoid any non-steroidal, anti-inflammatory drugs (e.g. Aleve, Motrin, Advil, etc). However, acetaminophen, such as Tylenol, is okay.
2. We strongly recommend you stop smoking 4 weeks before your procedure.
3. Balance is due in full.

##### **One week prior to Procedure**

1. Discontinue alcohol consumption 1 week prior to your procedure.
2. Wash your hair the evening before your procedure.
3. If you dye your hair, please do so 4 days prior to your procedure and/or at least 4 weeks after.

##### **Day of your Procedure**

1. You will need a driver.
2. *For "In Office Procedures":* Eat a light meal and drink something light. Please do not drink any caffeine prior to the procedure.  
*For "Hospital or Surgery Center Procedures":* Follow instructions given by center staff. You will be contacted by the facilities 24 hours prior to your procedure.
3. Wear something comfortable; preferably, a button or zip-up top with hood. Bring sunglasses if you are having an eye procedure. May also want to bring a scarf.
4. Do not wear jewelry.
5. *For "In Office Procedures":* Take all regular medications (except for those listed as "medications to avoid" in your preoperative instruction packet). High blood pressure patients: Please take your blood pressure medication in the morning, even if you typically take it later in the day and bring blood pressure medication to surgery center on your surgery day.  
*For "Hospital or Surgery Center Procedures":* Follow instructions given by center staff. You will be contacted by the facilities 24 hours prior to your procedure.

## HAVE THESE AT HOME

1. Surgical Surgical Exam Gloves
2. Hydrogen peroxide, cotton swabs, sterile gauze pads.
3. Re-sealable plastic bags that will hold ice. Bags of frozen vegetables work well.
4. If you're having an eye procedure done, please purchase lubricating eye ointment (such as Lacri-Lube) and a moisturizing eye drops (such as Renew Lubricating Eye Drops).
5. Mild baby shampoo.
6. Soft foods for a few days after surgery (yogurt, soup, smoothies, protein shakes, mashed potatoes, rice, etc.).

## MEDICATIONS EXPLAINED

### Antibiotic

You may be prescribed *Duricef*(Cefadroxil), *Augmentin*(Amoxicillin/Clavulanate), or *Avelox*(Moxifloxacin). For “*In Office Procedures*” these medications should be started 24 hours prior to the procedure. For “*Hospital or Surgery Center Procedures*” these medications will be started in the evening after the procedure.

### Pain Medication

Patients are typically prescribed *Vicodin*(Hydrocodone/Acetaminophen) for pain. Follow the directions as prescribed. Eat something 20 minutes prior to taking medication to prevent nausea. **DO NOT TAKE THIS MEDICATION PRIOR TO YOUR PROCEDURE.**

### Anti-Nausea

You will be prescribed *Zofran*(Odansetron) to be taken if nausea or vomiting is experienced after your procedure. This medication is to be place under the tongue and allowed to dissolve, it is NOT to be swallowed. Use as prescribed.

### Anti-Bruising

We suggest patients begin *Arnica Montana* tablets approximately 3 days prior to their procedure to decrease postoperative bruising and swelling. This medication can be purchased over the counter in your local pharmacy. Follow dosing instructions on packaging.

### Antibiotic Ointment

You will be prescribed *Bactroban (Mupirocin) Ointment* for wound care. Neosporin or Triple Antibiotic Ointments are not to be used as they are very irritating when used for an extended period of time.

## **Relaxation Medication**

Patient having “*In Office Procedures*” will typically be prescribed *Valium*(Diazepam) to help you relax during your procedure. Please bring this medication with you to the office the day of your procedure. **DO NOT TAKE THIS MEDICATION UNTIL INSTRUCTED TO DO SO BY THE DOCTOR.**

## **WHAT TO EXPECT**

### **Pre-Procedure**

The center staff at the surgical center will greet you upon arrival and escort you to the pre-procedure area.

### **Procedure Room**

The doctor’s assistant will be with you during the entire process. When arriving in the procedure area, the doctor will see you. The doctor will review everything with you, including any additional questions or areas in which you would like focus. Procedure time will vary, depending on your individual needs.

### **Post-Procedure**

After the procedure, you may be under the influence of the relaxing medications and will need a driver. If you do not have anyone to drive you home, we will call a driving service or taxi. Hotel accommodations can also be arranged.

### **Fear and Anxiety**

All patients experience some fear and anxiety when having a procedure. It’s only normal! Our goal is to provide a warm, sensitive, safe and comfortable atmosphere.

### **Management of any discomfort**

Our philosophy is to relieve and minimize discomfort. We want to make your experience as comfortable as possible. If pain is a concern, discuss it with your doctor. A prescription for pain medication and antibiotics will always be provided. Ice is often the best for discomfort!

### **Follow up care**

Before you leave the center, a follow up appointment will be given to you for the next day. You should expect to receive a call from the center staff the night after your procedure. Feel free to contact the office at any time if you have any questions or concerns. Our doctors are on call 24 hours a day, seven days a week.

## **Healing**

It's important to acknowledge that you have had a procedure and it will take time to heal. Please be patient. For the first 24 hours after your procedure, take it easy, rest a lot and use ice. After the first day or two, you will start to feel more comfortable, but you are still not ready to begin vigorous activity. Keep the area elevated and apply ice as directed. (We will give you specific instructions.) Drink plenty of fluids and eat a balanced, nourishing diet.

## **General Facial Surgery**

### **Post-Operative Instructions**

#### **ICE**

It is very important to apply ice to any incisions on your face for the first 3 days. Ice reduces any swelling that may occur. Apply ice for 15-20 minutes every hour for the first 72 hours you're awake after your procedure. You can use an ice pack, frozen gel pack or a plastic bag full of frozen peas. **DO NOT** apply ice directly onto skin. Instead, use a gauze pad or cloth in between your skin and the cold bag.

**For Eye Procedures:** Apply ice water soaked compresses (gauze pads) to eyes for 15-20 minutes every hour for the first 72 hours you're awake after your procedure. **DO NOT APPLY** ice or frozen gel packs to the eye, only the above detailed compresses are suggested.

#### **SWELLING/BRUISING**

Everyone after any operation will have some swelling and mild discomfort. Remember to take your pain medication. Plain Tylenol (Acetaminophen) is a safe substitute. Do not take Tylenol at the same time you are taking your prescription pain medication, as this can be harmful. Swelling may get worse before it gets better. It may be greater the second to fourth day after the procedure. Swelling may be greater in the morning. Swelling may be greater on one side. These conditions are normal. However, if you have a large amount of swelling and increased pain on one side notify the doctor immediately.

Like swelling, bruising may occur after your procedure. It may be greater 2-3 days after the procedure. This is normal and will eventually disappear.

#### **SLEEPING**

Sleep with your head elevated at least 30 degrees (on 2-3 pillows or use a recliner) for the first week. This helps keep swelling to a minimum.

#### **SHOWERING**

You may shower at 48 hours after your procedure, once cleared by your doctor. Gently wash hair with baby shampoo and face with mild soap. Do not manipulate the facial skin. No bath tub or swimming until instructed by the doctor. In the first 48 hours after surgery you may sponge bath, keeping your head and neck dry.

**EYE PROCEDURES:** See instructions above....Except keep facial tape on the sides and between the eyes dry.

## **ELASTIC WRAP/FACIAL BANDAGES (FACELIFT PATIENTS ONLY)**

You may go home after surgery with facial bandages, the bandages will need to be removed 24 hour after your surgery by the doctor. Under no circumstances are these bandages to be removed sooner. You will then be given an elastic facial wrap which is to remain in place 24 hours a day for the first 7 days after your procedure. You may remove it only to shower, clean the incisions, or eat during the first week. The 2<sup>nd</sup> week after your procedure you are to wear the elastic facial wrap for 3-4 hours during the day and to bed. The 3<sup>rd</sup> week after surgery you are to wear the wrap to bed only.

## **CLEANING: TO BEGIN ONCE YOUR WRAP HAS BEEN REMOVED.**

### **Face and neck procedures:**

1. Clean the incision area twice a day. If you have only had a facelift, clean any incisions in front or behind the ear.
2. Use a mixture of half hydrogen peroxide and half warm water for 3 days or until all dried blood has been removed.
3. It is important to keep all facial sutures moist: After cleaning the incision, apply the prescribed antibiotic ointment (Mupirocin) to the incision area(s) twice a day.
4. If skin irritation occurs, you may discontinue using Mupirocin ointment and use petroleum jelly instead, but call the office first to notify of the reaction.

### **Eye procedures:**

1. If you have incisions either over or under your eyes, use only WARM WATER on a cotton swab and gently clean the incision lines. Then apply bacitracin eye ointment to the incision lines. If your incisions are not shiny, APPLY MORE.
2. If you wish, at night, you may apply the lubricating eye ointment directly into your eyes to keep them moist. To do this, start at your inner eye and apply a thin line of the ointment along your lower lid. When you blink, the ointment will cover the eye and keep it moist. This will make your vision slightly blurry.
3. USE ONLY WARM WATER ON YOUR EYE INCISIONS: NO PEROXIDE!
4. If you are told that your lower eyelid incision is on the inside of the eyelid, do not pull down your lower eyelid when applying drops to your eyes.
5. If you have steri strips, leave them in place.

## **DIET**

We recommend you have a light meal after your procedure. Good nutrition helps the healing process. Drink plenty of water and other fluids. Keep vigorous chewing to a minimum for the first 1-2 days after the procedure. Avoid all caffeinated beverages.

## **SHAVING**

Avoid shaving close to the sutures until they have been removed.

## **DRAINAGE**

Drainage is normal over the 4-5 hours after your procedure and could last up to 24 hours. Some people will have more drainage than others. THIS IS NORMAL. If you have bleeding from any incision, apply light pressure using 2-3 fingers to the area(s) with a gauze pad for 5-10 minutes. If this doesn't stop the bleeding, or if you experience excessive bleeding or the sensation of excessive pressure on just one side of the face, notify your doctor's office.

## **GENERAL**

Patients typically experience the most swelling on the second or third day. One side of your face may swell more than the other side. In addition, you may notice tissue "bunching" in front of, behind or under your ears. This is normal...please give it time. It's usually part of the healing process.

## **SEDATION**

If you had sedation during your procedure or take prescription pain medications prior to your procedure, DO NOT DRIVE, OPERATE MACHINERY OR MAKE ANY IMPORTANT DECISIONS FOR 24 HOURS. These medications may cause dizziness and can impair your judgment.



## ACTIVITY

Keep exertion to a minimum. Do not bend or lift heavy objects more than 25lbs. Refrain from sexual activity or exercise for 2 weeks. Do not heavily exercise for 3 weeks. If you feel tension or straining at any of the procedure sites during any activity, please stop. You may shower and wash your hair 48 hours after your procedure. It is safe to get the stitches wet. However, avoid the full force of the shower directly on suture lines.

## CONTACT LENSES

If you have had an eye procedure, you may wear contact lenses 1 week after, or as instructed by your physician.

## FOLLOWUP APPOINTMENTS

Facial Surgery:

24 hours, 48 hours, 7 days, 2 weeks, then as per doctor

Eyelid Surgery:

24 hours, 5-7 days (as per doctor), 2 weeks, then as per doctor

## DO NOT!!!!

- Apply makeup over incisions until instructed to do so.
- No earrings for 2 weeks (Facelift patients only).
- No hair coloring or other hair processing for 4 weeks
- No strenuous exercise, sexual activity, lifting over 10lbs, staining or bending over below your waist for 3 weeks.
- No staining when using the bathroom. If you are constipated use a stool softener (COLACE) as needed.
- No excessive head turning for 3 weeks.
- No pulling on face or neck skin.
- No smoking or use of nicotine products for 4 weeks.
- No contact lenses for 2 weeks after an eyelid procedure.
- No eyebrow plucking for 2 weeks after an eyelid procedure.
- Refrain from all medication that cause thinning of the blood (List Provided) for 3 weeks.
- No alcohol while taking pain medication.
- No operating vehicles or heavy machinery while taking pain medication.
- No tanning for at least 8 weeks after procedure, and always place at least 50spf sunblock on face and incisions when in the sun for prolonged periods of time.

**CALL OFFICE IF...**

- You experience excessive sudden swelling, pain or skin discoloration.
- Excessive drainage.
- Temperature above 101.0

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*If you have any questions, please do not hesitate to call us (877-481-FACE)!*

*We are here to help 24 hours a day!*

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Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician Signature