



## Preparing for Surgery: 5 Items to Purchase

- **Aquaphor**
- **Dial Antibacterial Soap**
- **Hydrogen Peroxide**
- **Q-tips & Gauze**
- **Baby Shampoo** (Johnson's, Aveeno, Dove)
- Suggested: Spanx/tight leggings/yoga pants for [after Fat Transfer](#)
- Suggested: Soft diet foods (yogurt, smoothies, apple sauce, bananas, oatmeal)
- Suggested: Benadryl/Melatonin/Tylenol PM to assist with sleep/itchiness



## Two Weeks before Surgery:

- **Discontinue** all of your regular Vitamins/Supplements and Aspirin. (Tylenol is okay for pain)
- **Discontinue** any blood thinners including tumeric/ginger/herbal teas/supplements
- **Discontinue** all Alcohol intake
- **Discontinue** all Smoking & Vaping
- **START** taking all Vitamins we have prepared for you. (Regimen below)
- If you drink **Coffee**, please be aware there is **limited caffeine** intake for 2 weeks after surgery. One cup per/day.
- You will need to sleep on your back after your procedure and at least 45 degrees upright with your head above your heart - (2 pillows). Please start **SLEEP TRAINING** as soon as possible.



## One Week before Surgery:

- **IF** you have a history of blood pressure issues: Start taking your low dose of blood pressure medication provided to you - and continue after surgery.

## Day before your Surgery:

- **Start** taking your **Antibiotic** to prevent infection after surgery
- **Hydrate** well with water
- IF you have history of cold sores: Start taking your **Antiviral**
- At night: **Wash** your Face, Neck, Hair, Stomach and Thighs with your **Dial Antibacterial Soap**.
  - (Stomach and thighs only if you're getting a Fat Transfer)
  - (Face and Neck if you're only getting an Eye procedure or a Lip Lift only)



PLEASE REFER TO YOUR 'PRE-OPERATIVE AND POST-OPERATIVE GUIDE' FOR MORE INFORMATION



## Day of Surgery:

- **Do not** eat or drink anything **6 hours** before your surgery time
- If your surgery will be done under General Anesthesia: do not eat or drink anything **8 hours** before surgery.
- **Repeat cleansing routine** from the night before with Anti-bacterial Wash
- DO NOT blow dry your hair!
- DO NOT put on makeup or lotion
- Take your prescribed **Ativan (Lorazepam) & Zofran (Ondansetron) 1 hour before your surgery arrival time**. A tiny sip of water is okay for this. **Zofran is sublingual** - dissolves under tongue
- What to wear: Wear only comfortable, loose-fitting clothing. Button-up/zipper shirts and jackets that don't require overhead placement are recommended. No jewelry or contact lenses.

## Vitamin Regimen:

- **2 Weeks Before Surgery:** Start taking your Clinical Support Vitamins
  - **Morning Formula Vitamins:** 3 pills with breakfast
  - **Evening Formula Vitamins:** 3 pills with dinner

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- **10 Days Before Surgery:** **Vitamin K:** 10 pills per day (Suggested: 5 pills with Breakfast and 5 more with Dinner)

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- **3 Days Before Surgery:** Start taking **Bromelain & Arnica**
  - **Bromelain:** 2 pills, taken three times per day in between meals (6 total/day)
  - **Arnica:** 3 pills, taken three times per day which dissolve under your tongue (9 total/day)

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- **DAY OF SURGERY:** **NO VITAMINS. DO NOT TAKE MORNING DOSE OF ANTIBIOTIC - this will be taken after your procedure**
- **Day After Surgery:** Continue your Vitamin Regimen **except for Vitamin K** until your bottles run out.

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SURGICAL PREP SHEET:  
TWO WEEKS PRIOR TO SURGERY AND BEYOND

Please refer to this chart in your Pre-Op/Post-Op Guide Booklet for all Do's & Don'ts

## MEDICATION

### Antibiotic: Typically Keflex (Cephalexin):

- Start taking day before surgery (3x/day or as prescribed)
- Do not take morning of surgery. RESTART antibiotic after returning home from surgery
- Continue taking as prescribed Post-Op days 1 – 5 until bottle is empty
- If you are allergic to Keflex or Penicillin your antibiotic will have a different name

### Pain Medication: Typically Norco (Hydrocodone/Acetaminophen 5mg/325 mg)

- Take only as prescribed every 4-6 hours after surgery
- **Do not exceed 4,000 mg of Acetaminophen/day**
  - o Keep track of how much you are taking as there is 325 mg of Acetaminophen in each pain pill

### Anti-Anxiety: Typically Ativan (Lorazepam)

- Take 1 hour before your surgery arrival time
  - o Keep remaining tablets for Post-Op tension/tightness or discomfort.
  - o This should not be taken at the same time as your prescription pain medication and should be spaced 1-2 hours apart
  - o This also applies to Tylenol PM & Ativan – do not take these medications together

### Anti-Nausea: Typically Zofran (Ondansetron)

- Take 1 hour before your surgery arrival time (you can take this with your Ativan)

### Anti-Nausea: Typically Promethazine (Phenergan)

- This is a rectal suppository to be used in an emergency if vomiting or extreme nausea.

Anti-Viral: Typically Valtrex - Start taking day before surgery and continue as prescribed.

## **ALWAYS REFER TO YOUR MEDICATION LABELS FOR INSTRUCTIONS FOR USE**

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## Day After Surgery: . . . . . **BED REST!!!**

Avoid bending over, looking down, exercise or heavy lifting to avoid excess swelling or pressure to your face. By 4 weeks, you can return to full exercise.

- Our post operative care specialist will see you the **NEXT DAY after your surgery** to check your surgical incisions and to ensure that everything is starting to heal properly. During this visit, we will remove your surgical dressings and thoroughly clean the incisions. Your temple compression sutures may or may not be removed at this appointment as well.
- You may **ice** for 20 minutes on and 20 minutes off on incision areas.
- **You may ice your Fat Transfer areas for the first 48 hours after surgery.**

**After this** → **DISCONTINUE** because ice can promote fat loss **AFTER** the first 48 hours.

- Please use a barrier between your skin and the ice pack/frozen peas to avoid any damage to your incisions, skin, and to prevent thermal contact burns.
- The original dressing placed around your incisions will be removed the day after surgery. After this you will only use Aquaphor/ointment to cover your incisions.
- Dr. Karam will most likely use compression sutures around the temples, and neck. This reduces swelling and the chances of developing a hematoma. You will be scheduled accordingly between Day 1 to Day 4 to have them removed per Dr. Karam.
- You can shower 48 hours after your procedure.

## Post-Surgery: What to Expect Week 1 . . . . . **BED REST!!!**

- You will have **visible swelling and bruising** following surgery which intensifies Post-Op day 4, 5 and 6. Asymmetry of this is quite normal and not indicative of your final results.
  - this should **start** to subside after week 1
- You may experience **numbness & tingling** along incision lines, and this typically resolves with time. Sensory nerves to the skin surface may need time to heal. Sensation will typically return within a few months following surgery
- **Nausea** can be normal after surgery, so try to eat something simple (non-dairy) after your procedure to replenish your body. Please refer to your prescribed anti-nausea medication if symptoms persist.
- **Pain level** should be moderate for the first couple of days – treat with prescribed pain medication taken as directed, but okay to switch to Tylenol as pain subsides. Pain will resolve within 1-3 days.
- You may notice small amounts of bleeding or dried blood at/near incisions after surgery.
- Keeping your incisions lubricated with the recommended products (typically Aquaphor) during your first week of healing will help with both scarring and itching. Sometimes as incisions heal around your sutures, the itching will increase. Placing cold, damp gauze on the incision can help to soothe the itchy area. It is important to know that it is normal and will pass with time.

**NO EXERCISE FOR 4 WEEKS AFTER SURGERY**

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**Drain Care:** JP drains / Active bulb drains are used in some patients that are having Vertical Restore/Prevent. These drains will remain in for 5 days after surgery. These drains are a closed-suction medical device that will continuously pull fluid from the face and neck, helping speed up the healing process. As the drains fill up with fluid, the bulb will expand. Once the bulb is about half-way full you will pull the drain stopper and empty the fluid into the toilet. After discarding the fluid, squeeze the bulb tight and reinsert the stopper so it creates a vacuum. The drains will be sutured in along the hairline behind each ear. To help prevent discomfort keep the drains safety-pinned high on the shirt or connected to the lanyard. This will help to create slack on the tube and keep tension off the sutures holding it in place.

You may shower 48 hours after your procedure except for patients having a laser you must wait 72 hours. Wait 48 hours after drain removal to shower. Please feel free to wash your hair, keeping any shampoo/conditioner away from incision lines. Use a gentle shampoo (Baby Shampoo).

At the 24-hour mark you will also begin cleaning your incisions twice a day (morning and night) with hydrogen peroxide on a Q-tip. This process will be continued for a full week/until all sutures are removed. Following the cleaning, apply Aquaphor ointment along all facial incisions to keep them moist and to provide a good healing environment.

## **PAIN MANAGEMENT:**

- Take 2 Tylenol every 6 hours as needed for discomfort, or use your prescribed pain medication.
- DO NOT EXCEED 4000 MG OF TYLENOL IN A DAY
- DO NOT TAKE HYDROCODONE AND TYLENOL TOGETHER
- DO NOT TAKE ATIVAN AND HYDROCODONE or TYLENOL PM TOGETHER (space these medications at least 1-2 hours apart)
- Please take your antibiotics as directed on the bottle. Continue the vitamins so long as there is no nausea or vomiting.
- Colace (stool softener) can be purchased OTC to help alleviate constipation caused by
- pain medication.
- Rest with head and shoulders elevated on at least two to three pillows for the first week. It can also be helpful to put a pillow under each arm to prevent you from rolling on one side or the other while sleeping.

**When can you apply Sunscreen and Make-up?** - Patients are free to wear mineral makeup 9-10 days after surgery.

**Shower:** 48 hours after your procedure, except for patients having a laser you must wait 72 hours. Wait 48 hours after drain removal to shower. Please feel free to wash your hair, keeping any shampoo/conditioner away from incision lines. Use a gentle shampoo (Baby Shampoo).

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