



Your Guide to Surgery

Preparing for Surgery: Items to Purchase/Pack

- **Aquaphor**
- **DIAL Antibacterial Soap**
- **Hydrogen Peroxide**
- **Q-tips & Gauze (4 x 4)**
- **Baby Shampoo** (Johnson's, Aveeno, Dove)
- **PACK ALL OF YOUR NORMAL / DAILY PRESCRIPTION MEDICATIONS !!!**
- PACK: Tight leggings or yoga pants for comfort to be worn **AFTER Fat Transfer**
- PACK: Benadryl, Melatonin if tolerated and Tylenol PM to assist with sleep/itchiness
- PACK an over-the-counter stool softener and Laxative to avoid constipation postop
- Be prepared with soft foods (yogurt, smoothies, apple sauce, bananas, oatmeal, etc.)



8 Weeks before Surgery: **Discontinue Smoking & Vaping !!!**

Two Weeks before Surgery:

- **Discontinue** over-the-counter Vitamins/Supplements and Aspirin products. (Tylenol is okay) ●
- **Discontinue** over-the-counter blood thinners including tumeric, ginger, zinc, herbal teas, etc.
- **Discontinue** all Alcohol consumption
- **START** taking Dr. Karam's Vitamin protocol if shipped to you. (Regimen listed on page 2)
- If you drink **Coffee**, please **limit caffeine** intake for 2 weeks after surgery. One cup per day is allowed.
- You will need to sleep on your back after your procedure and sleep at 45 degrees upright with your head above your heart (ex. use 2 pillows). Please start **SLEEP TRAINING** as soon as possible if you are a side sleeper or stomach sleeper.

One Week before Surgery:

- Review packing list and call the office if you have any questions: (858) 259 - 3223

Day before your Surgery:

- **Antibiotic:** take ONE tablet to prep the body to prevent infection.
- **Antiviral:** IF you have a history of cold sores, or if you are having laser: take ONE tablet to prep the body to prevent cold sores.

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



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- **Hydrate** well with water
- BEFORE BED: **WASH** Face, Hair and entire body with **DIAL antibacterial Soap**.
- If only getting an eye procedure, or lip Lift only – wash face and neck) ● **DO NOT BLOW DRY YOUR HAIR !**



Day of Surgery:

- **DO NOT EAT OR DRINK** anything **6 hours** before your arrival time to the office.
- **Repeat cleansing routine** from the night before with DIAL Antibacterial Soap
- DO NOT BLOW DRY YOUR HAIR !
- DO NOT put on makeup, creams, hair products, perfume or lotion
- Take your prescribed **Zofran 1 hour before arrival time**. This is sublingual and dissolves under tongue.
- **Ativan: TAKE ONLY IF DIRECTED BY OUR STAFF**
- What to wear: Wear 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 and should be taken WITH FOOD !**
- **Day After Surgery:** Continue your Vitamin Regimen **except for Vitamin K** until your bottles run out.

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Anti-Viral: Typically Valtrex - Start taking 1 day before surgery if you have a history of cold sores and/or if you are having contour TRL laser done.

ALWAYS REFER TO YOUR MEDICATION LABELS FOR INSTRUCTIONS FOR USE

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

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

- Our postoperative team will see you the 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, as suture removal depend on the degree of swelling seen.
- 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 48 hours **DISCONTINUE** because ice can damage fat transfer AFTER the first 48 hours.

- Please use a barrier between your skin and ice packs 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 these sutures removed- per Dr. Karam.
- You can shower 48 hours after your procedure, but laser patients must wait 72 hours to shower.

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 is normal, and not indicative of your final results.
 - This should **start** to improve after week 1-2.
- You may experience **numbness & tingling** along incision lines, and this typically resolves with time. Sensory nerves need time to heal and sensation will typically return within a few months following surgery, or up to 6-12 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 – and treated with prescribed pain medication taken as directed. It is okay to switch to Tylenol as pain subsides.
- You may notice small amounts of bleeding or dried blood at/near incisions after surgery. Follow wound care and wound cleaning instructions but contact the office if any concerns.

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- 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 !!!!!

Drain Care: JP drains / Active bulb drains are used in some patients that are having Vertical Restore/Prevent. These drains will remain in for 4 - 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 a 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 laser as laser patients 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 Baby Shampoo only.

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 or 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 24 HOUR PERIOD.
- 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) and a gentle laxative should be purchased over-the-counter 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.

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When can you apply Sunscreen and Make-up? Patients are safe to wear mineral makeup 9-10 days after surgery. Laser patients should consult with Dr. Karam's team to advise on when this is safe.

Shower: **48 hours** after your procedure, except for patients having a laser as laser patients 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 Baby Shampoo only postop week 1.

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