



# Your Guide to Surgery

"Please note: For out-of-town patients, ensure that your primary care physician, dermatologist, or local ENT specialist is readily accessible following surgery in case any discomfort or issues arise. This is helpful for managing pain, sleeping difficulties, and ear pressure/cleaning."

## Preparing for Surgery: Items to Purchase/Pack

1. **Aquaphor**
2. **Hibiclens and Dial Soap**
3. **Hydrogen Peroxide**
4. **Q-tips & Gauze** (size 4 x 4 )
5. **Baby Shampoo** ( Johnson's, Aveeno, Dove )
6. **Arnica and Bromelain Vitamins** (link to purchase on last page)
8. **Optional: Dr. Karam's Enrich Breathable Barrier Balm**: Safe to use on face after surgery.  
Alternative option is Aquaphor only.

8.



- **PACK ALL OF YOUR NORMAL / DAILY PRESCRIPTION MEDICATIONS**
- PACK: Comfortable pajamas/sweats to be worn **AFTER surgery**
- 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. Prunes and grapes can help facilitate a BM movement.
- Be prepared with soft foods ( yogurt, smoothies, apple sauce, bananas, oatmeal, etc. )

1.



2.



3.



4.



5.



6.



7.



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

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



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## 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
- **Limit or discontinue** eating a heavy fish/omega diet
- 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.
- **Hydrate** well with water
- BEFORE BED: **WASH** Face, Hair and entire body with **Hibiclens (be gentle around the eyes) and Dial 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 and Hibiclens
- 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.
- **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 Arnica and Bromelain until your bottles run out.

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



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## MEDICATION

### Antibiotic: Typically Keflex (Cephalexin):

- Start 1 day before surgery, taken as prescribed.
- Do not take morning of surgery. RESTART antibiotic after returning home from surgery.
- Continue taking 3 times daily as prescribed for 5 days 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 per day if also taking Tylenol for pain.**
  - o Keep track of how much you are taking as there is 325 mg of Acetaminophen (Tylenol) in each pain pill.

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

- Take one tablet 1 hour before surgery arrival time **ONLY IF DIRECTED BY OUR STAFF !**
  - 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 from pain medication.
  - o This also applies to Tylenol PM & Ativan – do not take these two medications together.

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

- Allow one tablet to dissolve under the tongue 1 hour before surgery arrival time

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

- This is a rectal suppository to be used for Emergency if vomiting or extreme nausea.

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.

Vitamins: Arnica and Bromelain: Start 3 days before surgery. Do not take Day-of-Surgery. Resume day after surgery.

**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 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 depends 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 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 7 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 will 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.
- Ear discomfort/pressure is normal after surgery and will resolve with time.
- 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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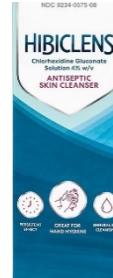


# Your Guide to Surgery

**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.

Hibiclens Link: [Hibiclens](#)



Arnica link: [Arnica](#)



Bromelain link: [Bromelain](#)



Enrich Breathable Barrier Balm:



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



Karam MD Skin Enrich: [Enrich Balm](#)

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## Discharge Tips

Once you get home from the office have patient lay down at a 45 degree angle

- 2 pillows
- Head above heart

## Medications

Please give patient some apple sauce or soft foods with medication so it does not upset their stomach.

Patient can take prescribed pain medication or Tylenol every 4-6 hours:

Patient can take pain pill at \_\_\_\_\_

- Write down when and what medication you are administering to patient.
- Set an alarm on your phone for every 4-6 hours to check pain levels and stay ahead of pain.

Patient can take prescribed anti-anxiety medication Ativan might say lorazepam on bottle) every 8 hours **(unless patient has allergy to this medication)**

- **DO NOT** take prescribed pain medication with Ativan
- **YOU MUST** separate at least **1 hour apart!**

Please resume antibiotics (at least 1 pill) with dinner/food

If patient is experiencing nausea:

- Use Zofran **(unless patient has allergy to this medication)**
- might say ondansetron on packaging

[PLEASE REFER TO YOUR 'PRE-OPERATIVE AND POST-OPERATIVE GUIDE' FOR MORE INFORMATION](#)

**The goal of the first night following surgery is for patient to rest, sleep, eat something, and manage pain. All other post op instructions will be discussed at your 1 day appointment!**



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- This will dissolve under the patient's tongue and should help with nausea.

If patient is experiencing extreme nausea utilize Phenergan suppository  
**(unless patient has allergy to this medication)**

- This should be kept in the fridge.
- Please follow the directions on/ or in bottle to administer medication.

### Icing and Cold Compress

You can use ice for 20 minutes on and 20 minutes off with a barrier between the ice and skin.

Please stop icing 48 hours from your surgery date

- Frozen peas with a barrier
- Ice packs a barrier
- Ziplock bags with ice with a barrier
- A barrier is a clean piece of gauze or a clean towel

A cold compress is taking clean gauze and dipping into a bowl of ice water and laying it across patients face or eyes.

- This is not mandatory but will help patient with pain management

Please practice good hand hygiene!

- Wash hands for at least 20 seconds
- Use hand sanitizer
- Wear gloves for cleanings if you have them

### Activity

Patient should be in bed resting in bed at a 45 degree angle

- No cooking, bending over, or looking down



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- No signing documents, working, driving



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## Incision Care

Please wash hands and wear gloves if possible before cleaning

All incisions need to be cleaned with hydrogen peroxide 2x a day (morning and evening) using clean gauze or q tips.

Apply Aquaphor over all incisions after cleaning with hydrogen peroxide except for upper and lower blepharoplasty incisions.

For upper and lower blepharoplasty incisions please apply stye ointment to keep eye incisions moist

**Step 1: Use gauze or q tip and gently wipe with hydrogen peroxide.**

**Step 2: Apply Aquaphor using tongue depressor or q tip to entire incision and apply stye ointment for eye incisions only.**

**Ear Care:** Clean ears 3x/day. Use a Hydrogen Peroxide soaked Q-Tip to place a few drops into your ear canal. Allow the solution to sit in your ear for about 1-2 minutes. Gently clean outer ear canal with Q-tips.

## Showering

You can shower 48 hours after surgery, please wait 72 hours after surgery if you did a Contour TRL Laser

When washing hair:

## What is an emergency and who do I contact?

Serious complications are very rare; however it is important that each patient understands the signs and symptoms of possible complications and how to detect them early on.

**\*IF YOU EXPERIENCE ANY OF THE SYMPTOMS LISTED IN THIS SECTION, IT IS IMPERATIVE THAT YOU CONTACT OUR OFFICE (858-259-3223) DURING OFFICE HOURS OR DR. KARAM IMMEDIATELY AFTER HOURS (858 210-7370) SO THAT WE CAN SEE YOU AS SOON AS POSSIBLE FOR INTERVENTION.**

**Hematoma:** A very rare but possible complication involved with all major incisional surgeries includes a hematoma, or an accumulation of blood under the surface of the skin. In the case of a hematoma, the accumulation of blood is usually

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accompanied by severe pain/discomfort and swelling, generally on one side of the face. Small collections of blood will usually absorb on its own, but for more severe cases, this will require drainage or even possible surgical intervention. This is why Dr. Karam uses compression sutures.

**Infection:** Signs of infection may include chills, fever, excessive swelling or redness with a sudden onset, purulent drainage and/or excessive pain/discomfort.

**If you had a Lower Blepharoplasty:** Severe swelling, pain, or loss of vision could indicate a hematoma and is a true emergency. If these symptoms are noticed, contact the office during business hours or Dr. Karam immediately after hours or weekends. On the off chance you are unable to get a hold of Dr. Karam or the staff, go to an emergency room immediately for prompt medical attention.

9AM-5PM CALL OUR OFFICE (858) 259-3223

5PM-9AM CALL DR. KARAM EMERGENCY LINE  
FOR ANY SIGNS OF HEMATOMA OR LOSS OF  
VISION (858) 210-7370

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## Day 1 Post Op Appointment

Your Post op Team members:

**DAILY CLEANINGS: Twice / day.** Very important to clean all incisions with **Hydrogen Peroxide** and then cover the incisions with a thin layer of **Aquaphor** at least two times per day, morning and evening. (Okay to use Dr. Karam's Enrich Balm during this week)

Note: Do not apply Aquaphor along eye incisions, please use your provided Styel Ointment.

Fat Transfer Harvest site (outer thighs or abdomen) Keep clean, moist, and covered with a band aid

Clean inside ears 3x/day. (example: Soak Q-Tip in Hydrogen Peroxide, let sit in ear, then clean)

You can **shower tomorrow** with Hibiclense/Dial Soap or Baby Shampoo. Water temperature should not be too warm. You can wash your hair but avoid scrubbing directly on incisions. It's perfectly okay for the soapy water to run along your incisions. Showers are encouraged.

**Discontinue icing** of the face tomorrow. You may place cold, wet gauze over eyes if they are irritated and use the eye drops that were given.

This week is **BED REST**. **No lifting or bending over. No leisure walks or outings. WASH YOUR HANDS.**

Photos will be taken at every appointment.

**Temple compression suture removal:** \_\_\_\_\_

**Next Post-Op Appointment:** \_\_\_\_\_ (Take shower before)

- Drain removal.
- Neck compression suture removal.
- Eye suture removal – (Discontinue Styel ointment after suture removal)
- Incision Check up to make sure cleanings are done properly.
- Do not shower for 48 hours after this appointment.

**Next Post-Op Appointment:** \_\_\_\_\_

- Vertical Restore suture removal.
- Fat Transfer Site suture removal.
- After Care instructions with provided Silagen Scar Gel & Sunscreen.
- Photos & Patient survey.

**Last Post-Op Appointment:** \_\_\_\_\_



# Your Guide to Surgery

- Visit with Dr. Karam.

**Please refer your Post-Op Guide Booklet for all information.**

Further questions: **Call (858) 259-3223** during office hours.

Please email photos of areas of concern to [POSTOP@drkaram.com](mailto:POSTOP@drkaram.com)





## Day 6/7 Post-Op FAQ



**Today:** *Discontinue* your incision cleanings with Hydrogen Peroxide and Aquaphor.

- **Please shower today**. It is highly recommended to reduce risk of infection.

Wash your hair with Dial antibacterial soap and Hibiclens or gentle shampoo for the next 30 days. You should **not** blow dry your hair or color treat/dye your hair until you are 30 days out from your procedure.

To help remove the Aquaphor from the hairline, you can mix a few drops of Dawn dish soap in with your gentle shampoo starting tomorrow.

- If you are flying on a plane, please have someone help with all bags/luggage.
- **NO LIFTING!** Avoid bending. (We do not want anything to pop or bleed)
- Wipe & disinfect your head rest. Wrap your face with Kerlix wrap or Ace bandage for protection.
- **Pets**: No sleeping with pets for 1 month. Wash all bedding if they are in the bedroom.
- **No headphones/earbuds/airpods** until day 14. **DISINFECT** them before and after use.
- **Glasses**: Okay to wear glasses after day 14. Clean them before and after use. If you need to wear them beforehand, disinfect glasses, and protect arms with gauze as they will rest along incisions.
- **Contacts**: Okay to use at day 14. This decreases risk of infection and strain/pulling on incisions.

**Post-Op Day 8:** 48 Hours from Today's visit: \_\_\_\_\_

- **Start applying a very, very small amount of Silagen** once in the morning and evening to incision lines. Wash off the old application of **Silagen** before reapplying. This will help with the healing phases of your scars.
- Enrich Balm can be applied to your face and to incisions. Wash hands before caring for your incisions.
- Okay to wash your face with gentle cleansers. (such as Cetaphil and Cerave)
- **You should apply Elta MD Sunscreen over the Silagen scar gel** during the day.
- *Sunscreen is important for incisions to prevent Hypopigmentation of scars.* When outside or near natural light, **reapply Sunscreen** every 2 hours to incisions.



**Post Op Day 10:** \_\_\_\_\_

Okay to wear Mineral-based makeup until you are 30 days out. (After 30 days → any brand)

**Post Op Day 14:** \_\_\_\_\_

- Okay to use Trifecta but avoid applicatoin on VR incisions until post op day 30.
- Safe to resume your previous vitamin regimen.
- Safe to resume light alcohol consumption and over-the-counter supplements. (NSAIDS)

**Office Phone:** (858) 259-3223  
**Office Hours:** Monday – Friday 8:30 am – 5 pm

**Non-emergent: E-mail:** [postop@drkaram.com](mailto:postop@drkaram.com)



## Day 6/7 Post-Op FAQ



### 4 Weeks (30 days) Post Op: Back to your normal routine!

- Okay to resume your regular hair routine, including blow drying.
- Okay to dye your hair
- Okay to start exercising again – but gently ease your way back into your workout routine.

### Swelling/Bruising

### “Trust the Process”

Moderate swelling and bruising is normal after any surgery. It is also important to understand that swelling and/or bruising may be **ASYMMETRICAL** in the initial healing period post operatively. Asymmetry is quite normal and is not indicative of your final surgical results. Compliance with the recommended supplements (Arnica and Bromelain) might help decrease the severity of these symptoms but **time** and **patience** is what will ultimately resolve swelling.

**Sleeping:** Try to sleep upright for the first 2 weeks. Try to sleep on your back for the first month (avoid side sleeping position)

**Ice roller:** Can be beneficial for reducing swelling and promoting the healing process.



### Foods to Eat for Optimal Healing

#### *Fruits and vegetables*

Eat a variety of colorful fruits and vegetables, especially berries, carrots, broccoli, and sweet potatoes. These foods are rich in vitamins and antioxidants, which can help reduce inflammation and the risk of infection.

#### *Lean proteins*

Eat lean proteins like chicken, fish, turkey, and eggs. These foods are high in immunity boosters and easy for the body to digest.

#### *Fiber-rich foods*

Eat foods rich in fiber, like apples, lentils, and whole grains, to help with digestion and regularity.

#### *Anti-inflammatory foods*

Eat foods that reduce inflammation, like pineapple, blueberries, and almonds.

#### *Iron-rich foods*

Eat foods rich in iron, like spinach, almonds, shellfish, eggs, brussels sprouts, and chickpeas.



## Day 6/7 Post-Op FAQ



**Numbness:** Temporary numbness in areas of surgical manipulation is normal and will return within a few months following surgery.

**Red/Itchy Incisions:** All new scars go through a healing process which can present as various colors such as red, pink, and finally white. Keep your incisions lubricated with the Silagen and Sunscreen. Placing cold, damp gauze on the incision can help soothe the area if it's itchy. This is normal and will pass in time.

**Incision Healing:** Incisions heal at different rates. They typically look the worst between 2 – 6 weeks. **Rippling/bumps** caused by swelling along the incision lines take a few weeks to a few months to smooth out. They will continue to improve up to one year following the procedure. *It is important to be patient during this healing process.*

**Dissolvable Sutures:** The sutures will dissolve in 4 – 6 months. You have dissolvable sutures underneath the skin. If you experience a stitch poking out along the incision line this is harmless and any of our staff members can easily clip the suture to provide some relief. There is no increased risk of infection occurring from this.

**Asymmetry:** In addition to natural asymmetry, during the first 3 – 4 months after your procedure, the swelling doesn't resolve the same way. The unevenness *will* improve back to baseline.

**Fat Transfer:** Fat is living tissue. Your fat transfer will continue to improve years down the line.

**Fat Transfer Harvest Site:** This site may be tender to touch for weeks following your procedure. You may have a bump at the site, which can take up to one year to soften and flatten.

### Treatment Timeline:

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**Office Hours:** Monday – Friday 8:30 am – 5 pm

**Non-emergent: E-mail:** [postop@drkaram.com](mailto:postop@drkaram.com)



## Day 6/7 Post-Op FAQ



**Hair Drying/Dying:** 30 days after your procedure. If earlier, there is potential risk of infection. Blow-drying can open the follicles which can release bacteria with heat and moisture. There is potential risk of burning your scars.

**Botox:** Wait 4 – 6 weeks after your procedure.

**Facials:** Wait 6 – 8 weeks after your procedure. No manipulation/massage to face or neck prior to this.

**Micro needling:** Dr. Karam recommends quarterly Micro needling for maintenance of your skin/collagen. This can be done 3 – 6 months after your procedure depending on the depth of the needle.

**Massage:** Must wait until 5 weeks after your procedure to get a massage, or being face down.

**Lymphatic Massage:** Wait at least 2 weeks after your procedure, and must be done in an upright position.

**Hyperbaric Chamber:** Recommended to wait at least 1 week after your procedure but it is up to you if you'd like to start sooner.

**Sauna/Steam room:** Wait until 6-8 weeks after procedure.

**Red Light Therapy:** Wait 2 weeks post procedure

**Pets:** No sleeping with pets for 1 month. Wash all bedding if they are in the bedroom.

**No headphones/earbuds/airpods** until day 14. DISINFECT them before and after use.

**Glasses:** Okay to wear glasses after day 14. Clean them before and after use. If you need to wear them beforehand, disinfect glasses, and protect arms with gauze as they will rest along incisions.

**Contacts:** Okay to use at day 14. This decreases risk of infection.



### KaramMD Trifecta

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free

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