



CosmetiCare

PLASTIC SURGERY AND MEDSPA

CosmetiCare Patient Information AND Postoperative Instructions

This list is designed to help you navigate through your surgical journey by preparing you for your preoperative appointment, surgery and postoperative care. Please read carefully and keep a copy for your records.

Before your preoperative appointment:

- 1) **Patients 45 years or older:** You must have a medical clearance and EKG completed and received by our office **PRIOR** to your preoperative appointment. We will provide the bloodwork required for surgery at the time of your preoperative appointment. If you prefer to have your bloodwork done outside of our office, you may do so (Please see our **Medical Clearance Recommendations** page for referrals). Please note that your Medical Clearance, EKG and bloodwork must be completed **no more than 30 days prior** to the date of surgery and is only valid for that timeframe.
- 2) **Patients 45 years + having breast procedures:** A clear mammogram must be completed and received by our office **PRIOR** to your preoperative appointment. It will be valid if completed **no more than 1 year prior** to the date of surgery.
- 3) **Patients 60+:** You must have a clear chest X-ray completed and received by our office **PRIOR** to your preoperative appointment. Please note that your chest X-ray must be completed **no more than 1 year prior** to the date of surgery and is only valid for that timeframe.

Patient initials: _____

At your preoperative appointment:

- 1) Please note that your appointment **may take up to 2 hours**. There is a lot of information to review and we want to make sure you are set up for a successful surgery.
- 2) The remainder of payment is due **IN FULL** at the time of your preoperative appointment.
- 3) Upon completion of your preoperative appointment, you will be set up for a COVID-19 swab. This test is **mandatory** and can be completed by our office no sooner than **96 hours prior** to surgery. **If you have not obtained negative results for your Covid-19 swab test on or one day prior to your surgery date, your surgery will be cancelled or rescheduled, which may affect fees previously collected for your surgery (Please refer to your signed quote for details).**
- 4) You will be given antibacterial wash at the completion of your preoperative appointment. Please utilize this in the appropriate areas when showering for each of the 3 days prior to surgery.

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The days before your surgery and surgery day:

- 1) You will need to start your antibacterial wash 3 days **BEFORE** surgery. Please shower with your antibacterial wash the morning of your surgery. **DO NOT USE** any creams, lotions, deodorant, perfume or makeup the day of surgery.
- 2) All nail polish must be removed before surgery. This is so we can safely monitor you.
- 3) Do not wear jewelry, piercings or other valuables for your safety and peace of mind.
- 4) Eyelash extensions must be removed prior to surgery for your safety.
- 5) You may not eat or drink after 9:30 pm the night before surgery.
- 6) Your attire on surgery day must be comfortable and easy for our operating room team to dress you. This is strictly for your comfort. Please do not wear heels or boots. Pajamas or a comfortable top with a zipper or button front and loose-fitting pants are the easiest for patients to wear.
- 7) You must have a driver to escort you to and from the surgery center. Ride services or taxis may not be used. If you do not have a ride, please notify your patient coordinator to assist you in finding one.

Patient initials: _____

Postoperative do's and don'ts:

- 1) **FLUIDS ARE CRUCIAL.** Water, Gatorade or Pedialyte is good for the first few days. Nausea and vomiting are not uncommon for the first 24hrs after surgery, so it is important to stay hydrated and maintain electrolytes.
- 2) The most common reason for nausea and vomiting after surgery is taking pain medications containing narcotics (Percocet, Valium or Norco) on an empty stomach. Eating a few crackers is not enough. We recommend eating something small but filling with your medication, such as dry toast, eggs or oatmeal. You will be prescribed anti-nausea medication to help you.
- 3) **Make sure you take the antibiotics (as directed and TO COMPLETION) and pain medication (as needed).** Narcotic pain medication can cause constipation so take a stool softener or prune juice. A 48-hour supply is provided to you in your post-surgical care kit.
- 4) For any area that is tender or bruised, you can apply ice packs or a package of frozen vegetables as needed for the first couple of days without applying directly to the skin. **Do not apply** ice packs to the skin if you've had a facelift or fat transfer/injection.
- 5) Put pillows on your sides and under your knees to keep you from rolling around. Sleep elevated for a couple of days. If you've had facial surgery, then sleep elevated for a week. Elevation is best achieved by placing 1-2 pillows between the mattress and box spring of your bed.
- 6) **Resting is essential.** However, **movement is essential too.** Do not stay in a resting position all day. Get up and move every hour with a walk to the kitchen and around the house.
- 7) **Wear your garment and bra as instructed by your surgeon.** In general, they need to be worn for four weeks after surgery. Remember to remove them every so often to be washed. No underwire bras may be worn unless instructed by your surgeon. If you have questions regarding additional garment recommendations, please refer to our **CosmetiCare Post-operative Must Have's** sheet in your patient folder.



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- 8) **If you have drains, empty them as needed.** This is usually twice a day. Record the time of drainage. In general, the drains remain for about a week. You will be instructed how to properly care for your drains by the recovery room staff.
- 9) You may shower a couple of days after surgery OR as soon as your drains are removed, and your surgeon has instructed you to do so. Make sure another adult is present when you shower. If possible, sit down in the shower. You can use a plastic chair to sit on but be careful not to slip. We recommend gently washing all **CLOSED** incision sites with a small amount of antibacterial wash that was provided to you at the time of your preoperative appointment. This may also be done over any steri-strips or surgical tapes.
- 10) Steri-strips or surgical tapes on the incisions may stay for two or three weeks. They are waterproof and slowly peel off. Sometimes they need to stay on longer so check with your surgeon. You may use a blow dryer on the **COOL** setting at arm's length to dry your steri-strips.
- 11) **Do not take** aspirin or anything that thins your blood such as; Advil, Aleve, Anacin, Ibuprofen or Motrin unless instructed by your surgeon. **NO Alcohol** for 2 weeks **BEFORE OR AFTER** surgery.
- 12) **DO NOT SMOKE!** Smoking starves the cells of oxygen and inhibits wound healing. Discontinue smoking 6 weeks before and after surgery. In some cases, 4 weeks may be minimum. Refer to our **CosmetiCare Post-operative Must Have's** list for pre- and post-operative treatments that may aid in better wound healing for those that have a history of smoking.
- 13) **Do not to lift anything over 5 pounds and do not bend over**, especially if you have had face surgery. Sit down if you have to get something that is low to the ground or ask someone for help.
- 14) **Keep small children and pets away** from breasts or incision sites. Incisions that come in contact with accidental force can cause additional bruising or even a hematoma which may show as progressive painful swelling. Pet dander at incision sites may cause irritation or infection.
- 15) **No exercise for at least 4-6 weeks after surgery.** No abdominal exercises for 4-6 months after a abdominoplasty unless instructed by your surgeon.
- 16) **Menstrual cycles**-It is not uncommon to have an irregular menstrual cycle post-surgery. It may be early, heavier or, in some cases, non-existent.
- 17) Please realize that even the daily subtle changes or flaws that you may see in the mirror may not be visible to others as you are your own worst critic. Once you heal, the changes can be seen with the help of your before and after photos. You may always approach your surgeon if there are any questions or concerns. **RESULTS MAY BE SEEN AS EARLY AS 3 MONTHS UP TO 1 YEAR POST-SURGERY.**
- 18) Feeling sad after surgery is not uncommon. It is important to understand that some patients have such feelings. Anesthesia and pain medication are contributing factors to this. Positive thinking is important during this time.
- 19) Please understand that you must not take out your insecurities or anger on your significant other, family, or friends. Sometimes you cannot help it and need to vent your frustration or sadness. Let your body and mind heal because surgery is invasive and can trigger emotions. You can always get support from your loved ones.



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- 20) Healing takes **TIME** and bruising and swelling will resolve over the next few weeks and vary from patient to patient. It's normal to feel sore and tired. Be patient and allow your body to heal. You may experience numbness in the area of surgery and for a few months afterwards followed by tingling. Breasts may feel sore, firm, and the nipples may feel extremely sensitive. On rare occasions, nipples may temporarily lose sensation.
- 21) Scars may heal better with the use of **Silagen Scar Gel** or **strips**. Each product contains medical grade silicone to help minimize the appearance of scars. Please ask the office staff about obtaining it. Vitamin E in an incorrect concentration may actually cause scars to heal worse. We also offer laser treatment to aid in scar healing. Please check with your surgeon to see if this is a suitable option for you, post-surgery. You are welcome to discuss pricing for these treatments with your patient coordinator.
- 22) **KEEP YOUR POST-OPERATIVE APPOINTMENTS AND DISCUSS ANY CONCERNS WITH YOUR SURGEON.** These appointments are for your benefit so you can ask questions and ensure you are healing properly. Please remember healing takes time.
- 23) If you have any questions, please contact our office. If needed, discuss your concerns with the surgeon.
- 24) **In case of complications**, stay calm, have your emergency numbers on hand and contact or have your caretaker contact your surgeon as soon as possible.
- 25) Urgent health matters regarding your surgery:**
- In case of complications, stay calm, have your emergency numbers on hand and contact or have your caretaker contact your surgeon or the on-call physician to let them know of your problem as soon as you can.
 - If you believe you are experiencing any surgical complications and/or abnormalities (excessive redness, sudden increase in pain, copious drainage from incisions, asymmetrical swelling, fever, chills, etc.), contact **CosmetiCare Clinic After Hours Emergency Line: (949) 514-0228**. Please note that this is number for emergency questions only and not a scheduling line. If you believe you have a medical emergency that requires an ambulance, **please dial 911**.
 - If you are going to emergency room, do not forget to tell your surgeon which hospital and bring all your medications.

Patient signature

Date

Clinic Team Signature

Date