

FACIAL SURGERY PREOPERATIVE INSTRUCTIONS

Deborah Kessler Hudak, M.D., M.H.A.

All About Aesthetics, P.C.

Name: _____ Date of Birth: _____

Your surgery is scheduled for _____ at _____ A.M./P.M. Please arrive at the office at _____ A.M./P.M.

FINANCIAL AND SCHEDULING:

*We reserve a large block of the doctor's schedule exclusively for our surgical patients; therefore, we require a 72 hour cancellation notice for all surgeries. If a 72 hour notice is not given, a charge of \$500.00 will be charged to the credit card we have on file.

*Please call during business hours to speak to our scheduler at 919.845.0333, if any changes need to be made after hours please email: office@allaboutaesthetics.com and cc info@allaboutaesthetics.com

Office hours: Monday- Thursday 8:30 A.M. to 5:30 P.M, 2nd and 4th Friday of each month 8:30AM-1:00PM, and 3rd Saturday of each month, 8:30AM-1:00PM.

MEDICAL:

*** IF you are currently taking medication for high blood pressure or have a heart condition, or you were advised by a doctor to take blood-thinners/ anti-coagulants**, YOU WILL NEED TO OBTAIN MEDICAL CLEARANCE within one month prior to surgery from the physician who has issued the prescription(s). Please have the physician's office fax a simple note of release to our office: 919.845.0773.**

*** We WANT you to continue taking your high blood pressure medication(s) and/or heart condition medications as prescribed.....EXCEPT blood-thinners/anti-coagulants. We need to make sure from your primary care doctor/cardiologist that your blood pressure and heart conditions are under good enough control to safely do your surgery.**

****ALL ANTICOAGULANTS**, including aspirin, aspirin-type products, all the items listed on our Blood Thinners List, as well as herbal supplements, **MUST BE DISCONTINUED** and resumed per your primary care physician's directives.

*For many eyelid and brow surgeries, you will be using TOBRADEX ophthalmic ointment post-procedurally. A prescription for Maxitrol will be given to you and should be filled before the date of your surgery.

*We do request that **someone be with you for the first 48 hours** to help you with postoperative care.

ON THE DAY OF YOUR PROCEDURE:

*IF SURGERY IS TO BE DONE WITH LOCAL ANESTHESIA: Please eat a very light breakfast the morning of surgery, even if you do not usually do so. If you are having the surgery in our office, you will be given Valium and possibly a pain medication prior to the procedure. Certain medications can cause nausea when taken on an empty stomach. ***Please take a FEW SIPS OF LIQUID in the hours preceding your surgery.*** There will be no bathroom breaks during surgery.

*We encourage you to dress comfortably! Some of our patients wear comfortable pajamas. ☺ Do not wear a pullover shirt. It is best to have a button-down or large V-neck shirt.

*Please do not wear make-up on the day of the surgery.

*If you are a contact lens wearer, be sure to wear your glasses, you will not be able to wear your contacts during or immediately after the surgery.

SEE OUR VIDEO AT LEAST TWICE, TO KNOW WHAT TO DO POST-OPERATIVELY!!!!!!!

YouTube.com→allaboutaestheticspc (do not forget to add the “pc”)→click on our logo→click on the Videos tab→ click on the Post-Op Care, Eyelid & Eyebrow video

TO HAVE READY AT HOME:

1. For eye, lid and brow surgeries and SOOF lifts: have at least 10 snack-sized zip lock bags nearly full of frozen peas or corn. You will change these out every 2 hours, using them as “cold-packs” for the first 48 hours following the procedure. We will provide you with a tubular dressing in which to place the bags. You will also receive sterile eye pads. On the day of surgery, you and your caregiver will be shown how to apply all necessary dressings and ointment.
2. Have finger foods and flexible straws on hand for your convenience.
3. Have a recliner (or bed), that will allow you to sit and sleep with your head between a 45 degree angle (halfway between lying flat and upright) and a 90 degree angle. Avoid tilting your head forward or lying on your side, as this will encourage unnecessary swelling on one side. A horseshoe-shaped travel pillow that cradles your neck can be very helpful.

4. Keep your eyes well lubricated at all times!! You will be asked to use Maxitrol (Prescription) ointment 4 times a day for the first 2 weeks post-operatively. Please use REFRESH PM or GENTEAL OINTMENT between applications of Maxitrol ointment to keep eyes moist. In this packet, you will find a list of acceptable drops and gels. Allowing the surface of the eye to become dry (which can happen easily when the lids are swollen and not able to close in a normal fashion), can lead to serious injury to the eye. **LUBRICATE, LUBRICATE, LUBRICATE!!! It is impossible to over-lubricate the eye!!!!**
5. Listening to favorite movies, relaxing to a selection of great music and taking the prescribed Valium will help make the first 48 hours go by faster and with less anxiety.
6. Dr. Hudak will be available after hours, please feel free to call the office at any time and if it is after hours please leave a message with the answering service and it will get to Dr. Hudak. Or you can directly email office@allaboutaesthetics.com
7. **Please purchase Distilled Water.** You can get this at any grocery store.

POST - OPERATIVE INSTRUCTIONS

Post operatively, you will do the following 4 times a day (every 6 hours), for 2 days, even during sleep time.

1. Remove and discard the "used eye pads".
2. Apply 1/3" of Maxitrol Ointment into each affected eye or brow on which surgery was done. (into the eyes or onto the brows)
3. Open 2 sterile eye pads, using the sterile technique. Dr. Hudak will show your caregiver exactly how to do this after your procedure.
4. Moisten untouched side of each pad with distilled water, being careful not to touch the moistened side, as this side will touch the surgical site.
5. Turn eye pad over, keeping it inside the packaging, and pinch each moistened pad to remove it from packaging. Apply the un-touched side of the pads over the gently closed eyelids. (Using this method, the only things making contact with the surgical site during the first 48 hours after surgery are sterile.)

NOTE: YOU SHOULD REPLACE THE FROZEN PEAS/CORN EVERY TWO HOURS FOR THE FIRST 48 HOURS AFTER SURGERY. THIS INCLUDES HOURS OF SLEEP!

PLEASE DO NOT SUBMERGE OR SATURATE THE SURGICAL SITE WITH SHOWER/BATH WATER. WHEN BATHING, PLEASE AVOID GETTING YOUR SUTURES WET.

*Recommended choices for eye lubricants include:

Drops:

-Systane Gels, or Balance or Systane Ultra lubricant Eye Drops (High Performance)

- Genteal drops and gel (moderate to severe dry eye strength)
- Refresh Liquigel
- TheraTears Drops and Gel
- Optive

Ointments:

- Genteal Ointment
- LacriLube
- Refresh PM

NOTE: Preservative-free lubricants are safe to use with contact lenses on eyes.

**For mild dry eyes: use 1-2 times daily

** For moderate dry eyes: use 2-4 times daily

** For severe dry eyes: use at least 4 times daily

START WITH OINTMENTS WK 1, USE OINTMENTS & GELS WK 2-4, USE GELS & DROPS WK 4-7

What to expect post-operatively

Though we have given you many tools to decrease the severity of bruising and swelling, you may still experience some of each, post-operatively. Most patients will have only a small amount of bruising one week after surgery, while some patients have bruising that lingers for two weeks.

Taking 1500 mg daily of high quality, highly absorbable Vitamin C, as well as Arnica, will significantly reduce the length of recovery time. The Vitamin C should be started 1 week prior to the surgery or as soon as you are able. Arnica should be started 3 days prior to the surgery. Both Vitamin C and Arnica should be continued 1 week after your surgery.

You can purchase Arnica from our office or it is also available at Whole Foods.

Elevating the head, faithful use of cold packs and mild pressure over surgical site are all very important ways to minimize swelling. This diligent care will also allow the site to heal as quickly as possible. Cleaning of the lids/brows/face post-operatively should be done gently, with minimal rubbing, using sterile gauze pads and sterile water.

There is usually a dramatic improvement in the swelling on day four. You can likely expect to see only a small amount of swelling at one week after your surgery. It can take six to seven weeks before the swelling is completely gone. You will continue to show improvement for as long as four to six months after the date of the procedure, so we ask that you please be patient. ☺ Everyone heals a little differently. Dr. Hudak will be monitoring your progress closely.

We are almost always able to tell if a person has followed our post-operative instructions carefully. Though some of the details may seem insignificant, our patients tend to recover quickly.

Patient Needs to Get:

For Lid Lift:

___ Maxitrol, Erythromycin, Tobradex Ophthalmic Ointment

___ Valium

___ Distilled Water

___ Systane, Refresh PM, Genteal or Lacrilube OINTMENT

___ Snack-size zip-lock baggies

___ Frozen peas or corn

___ eye lubricant GELS and DROPS

For Face Lifts and Ear Procedures:

___ Distilled Water

___ 3% Hydrogen Peroxide

___ Q-tips

___ Prescriptions to be determined by Dr. Hudak

___ Bacitracin, Triple Antibiotic Ointment, Neosporin, or Polysporin Ointment

Reminder List for Patients having surgery

1. Have I filled all necessary prescriptions?
2. Do I have extra packs of peas or corn in snack size bags?
3. Have I stopped all blood thinners? (please refer to list given with all blood thinners listed)
4. Have I asked the doctor or surgical assistant all my questions?
5. Have I received and gone over all my pre and post op information?
6. Do I have my driver lined up to drive me to and from my surgery?
7. If medical clearance is needed, has it been faxed to Dr. Hudak's office?
8. If having anesthesia, have I spoken to the anesthesia provider?
9. Have I paid my 10% non-refundable deposit and facility fee?
10. Have I paid the remaining balance to office for my procedure?
11. Have I planned to return to the office in one week prior to have sutures removed?
12. Have I informed All About Aesthetics about all allergies?
13. Have I purchased additional eye lubricants from the approved list?
14. Have I begun taking my Vitamin C and Arnica as instructed?

FOODS AND SUPPLEMENTS MUST BE AVOIDED PRIOR TO PROCEDURE!

1-Blood thinners must be avoided *one WEEK* prior to surgery/procedure and *THREE days* after surgery/procedure. Blood thinners can greatly increase risks of bleeding and bruising (as well as complications from bleeding in the eye area, following eye surgery, such as blindness).

2-Take Vitamin C (1500 mg each day) for *one WEEK* prior and for *2 months* afterwards (for Silikon 1000) and for *6 months* afterwards for all other fillers.

3-Take Arnica for *2 days* prior to procedure, *day of* the procedure, and for *3 days* after procedure.

It is IMPERATIVE that you avoid all blood thinners **except as indicated by your physician.**

Blood Thinners include:

Acai Berry	Heparin
Advil	Ibuprofen
Alfalfa	Kale
Alka Seltzer	Licorice
Aleve	Lovenox
Arthritis meds	Meloxicam
Aspirin	Motrin
Bengay	Omega-3 (Fish Oil)—you CAN eat shellfish!
Clove Oil	Persantine
Conchena Bark	Plavix (clopidogrel bisulfate)
Coumadin	Red Wine
Darvon	Spinach
Dong Quai	St. John's Wort
Feverfew	Steroids
Garlic	Ticlid (ticlopidinehydrochloride)
Ginger	Turmeric
Ginko Biloba	Vitamin E
Goody Powders	Vitamin K
Ginseng	

Note: Tylenol (which is Acetaminophen) is not a blood thinner; **it is okay to take**

When in doubt about a medicine or herb and its tendency to cause bruising or bleeding, call your pharmacist.

***Please note that many ethnic foods (Chinese, Italian, Mexican, etc.), can be the cause of bleeding and bruising during and after procedures/ surgeries.