

## Preoperative instructions for cosmetic surgery

### THREE WEEKS BEFORE SURGERY:

- If preoperative tests and an EKG (for patients over 40 or if they are prescribed) were requested, they need to be obtained, and the results need to be sent to us by email or fax.

### ONE WEEK BEFORE SURGERY :

- Patients on blood thinners (ex: Lovenox, Plavix, Heparin, Coumadin, Xarelto ...) need to stop these medications 7 days before surgery. Before stopping these medications, please obtain clearance from your prescribing physician and inform the clinic if this cannot be obtained, as this would result in cancellation of your surgery.
- Please take dispositions for 7-10 days of time off from work or school. Healing is variable, depending on your individual response to surgery, but a few days of rest are mandatory.  
It is recommended to use thick foundation if you wish to conceal bruising after surgery. You can buy it before your scheduled surgical day.
- Please do not use nicotine products, including cigarettes, pipe tobacco, nicotine gum, or vaping. Nicotine interferes with wound healing and can affect surgical results. It also causes an increased anesthesia risk. Ideally, stop consuming these products 6 weeks before surgery.
- Stop using alcohol 2 days before surgery.
- Please stop aspirin and anti-inflammatory products (Motrin, Advil, Naprosyn, etc.) as well as garlic, ginger, vitamin E, fish oil, glucosamine, green tea, and ginkgo biloba one week before surgery, as these products may thin your blood and increase risk of bleeding.
- To help you prevent and quickly heal from bruising, you can take Arnica Montana 12 CH (5 granules) three times a day starting one week before surgery and continue using it for a week after surgery.

### THE NIGHT BEFORE SURGERY

- **Do not eat or drink anything 6 hours before your scheduled procedure.** Failure to comply will result in cancellation of surgery. You may however drink CLEAR fluids (apple juice, water) up to 2 hours before your surgery.
- Take a shower the night before and the morning of your surgery. Preferably wash your face with an antiseptic soap.

### THE DAY OF SURGERY:

- **If you take heart or blood pressure medication, please take them with a sip of water the day of surgery.**
- Do not take diuretics.
- You can use inhalers the day of surgery and bring them with you the day of surgery.
- If you are diabetic, please call us for specific instructions.
- You can brush your teeth but do not drink water.
- Do not wear contact lenses. Bring your glasses with you.
- Keep your valuables at home and remove all piercings and jewelry before getting to the operating room.
- Do not wear make-up, hair accessories, or nail polish.
- Please have someone available to drive you home after surgery. You absolutely need to be accompanied.
- Please have someone available to stay with you overnight for the first night after surgery.
- Do not use face creams or lotions 24 hours before surgery.
- Wear comfortable clothes that are easy to take off and put on after surgery. Please avoid clothes that need to be passed over your head to be put on.
- Plan to arrive 15 minutes before your scheduled time of surgery.

## Post-operative instructions for facial cosmetic surgery

### THE FIRST WEEK

- Four times a day, clean your wound with a Q-tip dipped in a half-water half-peroxide solution **until there are no more crusts**
- Afterwards, apply the prescribed ointment four times a day at the entrance of the nostrils and on the stitches
- If you were given an elastic bandage to support your neck (for submental liposuction or facelift), wear it 24/7
- Sleep with the head elevated on two pillows
- Place frozen pea bags on your face at intervals of 20 minutes
- No sauna or hot baths
- Take your prescribed medication
- Do not lift anything heavier than a phone book
- Do not smoke, smoking will delay your healing
- Do not take anti-inflammatories (Advil, ibuprofen, Naprosyn, other), aspirin, natural products or vitamins (unless otherwise specified by your doctor)

### IF YOU WEAR GLASSES AND YOU HAD A RHINOPLASTY

- Do not wear glasses for 6 weeks after surgery
- If you cannot tolerate contact lenses, you can order the « Pro Nose Guard » product online on Amazon

### PHYSICAL ACTIVITY

- Light cardio after a week
- Regular exercise : 3 weeks
- Contact sports (soccer, basketball, other) : 6 weeks

### HOW LONG BEFORE I CAN TAKE THE PLANE?

- 10 days

### HOW TO GET READY FOR THE FIRST POSTOPERATIVE APPOINTMENT

- Take a painkiller 30 minutes before the appointment
- Do not drive if you are taking painkillers
- The following appointments will be scheduled at that point
- Do not forget that the final result can take 1 year to be apparent.

### HOW TO OPTIMIZE HEALING OF THE SCAR SO IT BECOMES NEARLY INVISIBLE

- Starting one week after surgery apply a silicone ointment daily for three months (such as Strataderm)
- Starting one week after surgery and for 6 months use a tinted SPF 30 sunscreen if going outside (such as ZO Skin Health)
- Undergo a PDL laser treatment at 1 month, 2 months and 3 months to decrease redness (such as VBeam Perfecta)
- If the scar is hypertrophic, your surgeon may recommend injections of 5-FU and triamcinolone according to our clinic protocol

### WHEN TO WORRY?

- Purulent drainage or temperature above 38.3 C
- Excessive pain that is not controlled with the painkillers
- Massive bleed
  - o A light bleed is normal in the first few days, change the dressing under your nose as needed
  - o In case of a massive nosebleed, place 5 sprays of Balminil or Otrivin in each nostril and wait 5 minutes. If the bleed doesn't stop, or if you start spitting blood clots, go to the emergency room