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— AMERICAN BOARD OF PLASTIC SURGERY —

CHIN/MALAR IMPLANTS INSTRUCTIONS (310) 277- 3223

BEFORE SURGERY

1. **ASPIRIN**: AVOID TAKING ASPIRIN OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY. Be careful; many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **ALCOHOL**: Avoid drinking alcohol for 48 hours before surgery. Alcohol interferes with some of the medications which are given during and after surgery.
3. **SMOKING**: Smoking is **absolutely not permitted** for **TWO WEEKS** before or after surgery. If this seems unusually cruel and unfair, please discuss with me personally; **it's that important!**
4. **SUN EXPOSURE**: Do not burn or tan your face for **two weeks** before surgery.
5. **SKIN CARE**: Continue your regular skin care routine. Please wash your face thoroughly before retiring the night before surgery. *Do not wear makeup or moisturizer on the day of surgery.*
6. **MEDICATIONS**: Continue to take your routine medications until the day of surgery. Please check with the office to determine if these medications should be taken on the morning of surgery.
7. **ATTIRE**: Wear a comfortable, loose-fitting shirt or warm-up suit that buttons or zips. Do not wear pantyhose or high heeled shoes. Do not wear contact lenses of any type to surgery.
8. **VALUABLES**: The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Please do not bring a purse on the day of surgery, but bring a credit card so we may call in any necessary prescriptions or if you are staying at an after care facility.
9. **ANESTHESIA**: Our anesthesia provider will be calling you on the evening prior to surgery. Patients find it a good opportunity to chat and ask questions regarding their anesthesia, and tend to be more relaxed the following morning. Please try to be home to receive the phone call; if not, let us know where you might be reached.

10. **HOME CARE**: When you arrive on the day of surgery, the nurse will ask you for the name and phone number of the friend or family member who will be taking you home after surgery. You must not spend the first night alone. Further instructions will be given to whoever takes you home.

11. **ILLNESS**: If you become ill or develop any signs of infection on your face, **please notify the office at once.**

12. **DIET: DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE SURGERY**

AFTER SURGERY

1. **ACTIVITY**: On the day of surgery remain in bed. You are allowed up to the bathroom with assistance and for meals. Sleep on your back or slightly to either side. *Elevate your head on two or three pillows to minimize the swelling which routinely occurs; continue for 4-5 days.*

2. **DIET**: Begin with cool, clear liquids. You may advance to a cool, soft diet later that day as tolerated. Avoid hot, steamy liquids or foods for 72 hours after surgery.

3. **DRESSING**: Surgical tape may be placed over the operative site to stabilize the implant. It should not be removed until your next office visit. Excessive swelling, uneven swelling (more on one side than the other), or any significant discomfort should be reported to the office.

4. **ALCOHOL AND ASPIRIN**: Do not drink alcohol for at least 48 hours after surgery. You should not consume any alcohol while you are still taking medication for pain or sleep. Do not take aspirin or aspirin-containing compounds for **two weeks** following surgery.

5. **MEDICATION**: Antibiotics are to be taken for several days after surgery to prevent infection. You will also be given medication for pain and sleep. These are not necessary unless you need them, and should only be required for a few days. Resume your routine medications on the day after surgery.

6. **HYGIENE**: You may wash the non-operated areas of your face on the day after surgery. You may take a bath as soon as you feel strong enough, but may not shower until any tape has been removed. You may wash your hair in the sink (face up) until showers are permitted.

7. **DRIVING**: Do not drive until instructed to do so; usually **3-4 days** after surgery. *You may not drive while taking pain medication.*

8. **SMOKING**: No smoking for **TWO WEEKS** after surgery (no cheating!).

9. **SUN EXPOSURE**: Do not tan or expose your face to direct sunlight for **three months** following surgery. If you are planning to be in the sun for a prolonged period of time, use a sunscreen with an SPF of at least 15+.

10. **EXERCISE**: Strenuous activities (running, aerobics, weight training, swimming, tennis, etc.) must be avoided for **three weeks** after surgery. You may walk after three days and use a stationary bike, Stairmaster, or walking treadmill after **two weeks**.

FOR ROUTINE QUESTIONS, A NURSE OR PHYSICIAN WILL BE AVAILABLE TO SPEAK WITH YOU WEEKDAYS BETWEEN 9 AM AND 6 PM.

FOR EMERGENCIES, TELEPHONE ANY TIME DAY OR NIGHT