



PREPARING FOR SURGERY

WHAT YOU NEED TO DO NOW:

- TAKE MULTIVITAMINS: Start taking a multivitamin once daily to improve your general health.
- TAKE VITAMIN C: Start taking 500 mg of Vitamin C twice daily to promote healing.
- LIMIT VITAMIN E. Discontinue Vitamin E capsules two (2) weeks before surgery. A multi vitamin containing vitamin E is okay. Extra Vitamin E may cause blood thinning.
- **STOP TAKING ANY FORM OF DIET PILLS FOUR (4) WEEKS PRIOR TO SURGERY.** Some diet pills deplete your endogenous catecholamines. Meaning, if your blood pressure drops (almost all anesthetics lower blood pressure), the usual medications to treat that won't work. Prolonged hypotension (low BP) can lead to heart attacks, strokes, kidney failure or even death. It's a risk that we are not willing to take with your health.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing Aspirin or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen such as Tylenol.
- **STOP SMOKING/VAPING:** Smoking causes constriction (narrowing) of small blood vessels and reduces circulation to the skin and impedes healing. Reduction of that blood flow can cause reduced or slow healing, blistering of the skin and in worst case, actual loss of tissue. **It is imperative you avoid smoking, secondhand smoke and cigarette replacements--such as vaping, nicotine patches, and/or gum--45 days prior to surgery and 45 days after surgery.** Smoking can also interfere with the “waking up” process your body goes through immediately after undergoing anesthesia. Some patients cough excessively and have a hard time breathing immediately after surgery. **If you test positive for nicotine (of any type) at the time of your pre-operative appointment, a \$3,000 rescheduling fee will be collected, and we will reschedule your surgery after you have been nicotine free for a minimum of 30 days and test negative for nicotine in our office. If you fail your nicotine test the day of your surgery, your full payment is NON-REFUNDABLE, and you will no longer be a patient of our practice.**
- MINIMIZE ALCOHOL INTAKE: Minimize your alcohol intake 2 weeks prior and 2 weeks after surgery. Alcohol simply increases the risk of complications and slows down the recovery process.
- Please read over the consent forms provided to you prior to your pre-operative appointment.
- If you live more than 30 minutes away, please consider using a local hotel for your first night's stay. Your first post-operative appointment will be the day after surgery and is typically in the morning. Your next appointment will be a one-week post-operative appointment.

PRE-OPERATIVE APPOINTMENT

- It is very important that you arrive on time for your pre-op appointment. Your pre-operative appointment is about 60-minutes long depending on how many procedures you are having done. At this time, our medical staff will go over your procedure with you and answer any questions you may have.
- If you decide to add procedures to your surgery, please call one of the Patient Care Coordinators **BEFORE** your pre-op appointment. A certain amount of time has been allowed for your surgery and any additions will alter the surgery schedule. We will do our very best to accommodate your desires. Canceling procedures will result in a \$2,000.00 fee per procedure cancelled.
- The medical staff will show you the door in which you will enter the day of your surgery and describe the check in process.
- The medical staff will go over all your consent forms, answer any questions you may have and then ask you to sign them. Copies will be provided to you upon request.
- The medical staff will take your “before” photographs.
- The prescriptions you will need to take after surgery will be sent electronically to the pharmacy that you prefer. **Please bring in all medications on your day of surgery.**
- For certain procedures, the medical staff will give you bruising reduction medication. The medication is started the day of surgery.
- Patients having breast augmentation surgery may want to bring in a few of your own shirts to try on with the breast implant sizers. It is also helpful for you to bring in pictures of the desired look you would like to achieve.
- For patients having breast reduction or breast lift with implants, it is also helpful for you to bring in pictures of the desired look you would like to achieve.
- **The balance for your surgery is due at your pre-operative appointment.** Please note, personal checks cannot be accepted any less than two weeks prior to your surgery.

TWO DAYS BEFORE SURGERY

- **CONFIRM SURGERY TIME:** We will call you to confirm the time of your surgery. If you are not going to be at home or are unreachable on your cell phone, please call us to confirm (916-983-9895) after 12pm. Surgery start times can change so please be available the entire day of surgery to accommodate unforeseen changes.
- Confirm with the person who will bring you the day of surgery, take you home and care for you the first 24 hours. Make sure your personal affairs are taken care of such as grocery shopping, household chores, banking, childcare, if necessary, etc.
- You **CANNOT** have Uber, Lyft or any other ride share company drive you after surgery.

THE DAY BEFORE SURGERY

- Make sure all your prescriptions are filled and, in a bag, to bring to surgery with you.
- The Anesthesiologist may call you this evening. Please be available to take his/her call as he/she will go over general information with you about your procedure. Don't worry if you do not receive a call, the Anesthesiologist will see you prior to your surgery.
- **EATING AND DRINKING: Do not eat or drink anything 10-hours prior to your surgery.**

THE DAY OF SURGERY

- **ORAL HYGIENE:** You may brush your teeth but do not swallow any water.
- **CLEANSING:** Shower and wash your hair, as well as the surgical areas.
- **MAKE-UP:** Please **DO NOT** wear any make-up, deodorant, moisturizers, creams, or lotions.

- JEWELRY: Please do not wear any jewelry. This includes belly button rings and ANY piercings. If you have any piercings that cannot be removed or are difficult to remove, please bring this to the attention of our medical staff.
- DO NOT WEAR: Metal hair accessories, wigs, or contact lenses. Please wear your eyeglasses the day of surgery.
- CLOTHING: Wear a comfortable, two (2) piece loose-fitting outfit (one that does not go over your head) such as sweatpants and a zip up hoodie. **NO YOGA PANTS, LEGGINGS OR EXERCISE PANTS.** Wear slip on shoes such as slippers. If you have long hair, tie it back. You may want to bring or wear socks to keep your feet warm.
- ARRIVE: An hour and a half prior to your surgery time—remember, we will call you two days prior to surgery to let you know your arrival and surgery start time. Please make sure you arrive on time. **OUR SURGERY SCHEDULE CAN CHANGE DURING THE DAY. IT IS IMPERATIVE UPI BE AVAILABLE THE ENTIRE DAY OF SURGERY, SHOULD WE HAVE TO CALL YOU IN EARLY OR HAVE YOU COME LATER THAN YOUR SCHEDULED TIME.**
- We will need a urine sample when you arrive, so please do not empty your bladder right before.

GOING INTO THE OPERATING ROOM

- Your surgery will be performed at our Surgical Center (1841 Iron Point Road, Folsom) in one of our state-of-the-art, fully accredited operating rooms. You will be taken care of by your Plastic Surgeon, Registered ICU/trauma trained nurses, Board Certified Anesthesiologists, and a surgical technician.
- When you arrive at our Surgical Center, you will be escorted to the pre-operative holding area. You will be asked to empty your bladder, take a nicotine test, change into a gown, and place a surgical cap over your hair. The nurse will start your intravenous drip and take your vital signs. Your surgeon and the Anesthesiologist will meet with you before surgery. This is the time for final surgical planning. It is also when we will do basic preparation or draw on your skin as needed. There will be time for questions.
- For all women of childbearing age, you will be asked to take a pregnancy test.
- Once you enter the operating room, the staff will do everything they can to make you feel comfortable and secure. For safety purposes, you will be connected to monitoring equipment.

THE RECOVERY ROOM

- Once your surgery is completed and your dressings are in place, you will be moved into our surgical recovery area. You will be re-connected to monitoring equipment. During this time, the nurse will take care of you and remain with you at all times. This is also the time for your caretaker to be with you until you are ready to go home. The nurse will remove your IV and your monitoring equipment when you are ready. She will help you dress and assist you to your vehicle.
- Your stay in the recovery room will last about 45 minutes or longer depending on how soon you are ready to leave. Most patients are fully awake within 30 minutes after surgery.

POST SURGERY ARRANGEMENTS

- AT HOME: You must arrange for a responsible adult to bring you to your surgery and drive you home from surgery. An adult family member or an adult friend *must* remain with you the first night after surgery. Please refer to the following **Discharge Instructions** for further guidance.

POST OPERATIVE CARE

- You will be sent home specific post-operative instructions. Please follow those instructions. It is very important that if you have excessive bleeding, excessive swelling, uncontrolled pain and/or fever, you call the office immediately (916-983-9895). Or if you feel you are in a health crisis, call 911.
- YOUR FIRST 24 HOURS: A responsible adult must stay with you overnight, as you have been sedated.
- DRESSINGS: Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so.
- ACTIVITY: Take it easy and pamper yourself. Try to avoid any straining. You may go to the restroom, sit and watch TV etc. but **NO MATTER HOW GOOD YOU FEEL, DO NOT CLEAN THE HOUSE, OR RE-ARRANGE THE GARAGE, etc.** We do not want you to bleed and cause any more swelling and bruising than is necessary. Your body has undergone major surgery. Don't compromise your aesthetic goal. Avoid heavy lifting and straining for three (3) weeks minimum. You may however do normal activities at any time if they cause no pain or discomfort. Let your body tell you what you can do or cannot do. DO NOT overdo it.
- COLD COMPRESSES: Ice put directly on your skin can damage the area, so we recommend using cold compresses instead. Cold helps to reduce swelling, bruising and pain. Frozen gel packs work well. You can also use frozen peas in the package or put ice cubes in a bowl of water and wring out a washcloth to place on the surgical area. Please make sure there is at least a thin layer of cloth between cold compresses and your skin.
- DIET: If you have any post-operative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe call our office (916-983-9895). If you feel normal, start with liquids and bland foods and if those are well tolerated, progress to your regular diet.
- **SMOKING: Again, smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 45 days after surgery.**
- ALCOHOL: Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.
- DRIVING: Please do not drive for at least two (2) days after general anesthesia, intravenous sedation, or at any time while taking prescription pain pills. You may drive when driving does not cause pain and you are no longer taking narcotic pain medications for at least 24-hours.
- POST-OPERATIVE APPOINTMENTS: It is very important that you follow the schedule of appointments we established for you after surgery.
- SURGICAL GARMENTS: It is imperative you wear your surgical garments as directed. If you do not, your surgical outcome could be jeopardized, and your aesthetic goal compromised.
- SLEEPING POSITIONS: During the first week, it is important that you sleep slightly elevated and on your back. After the first week, you will be free to sleep flat and, on your side, as long as it is comfortable.
- DRESSINGS: You will be given specific instructions by the nurse regarding your surgical dressings. Please follow them exactly. If you have any questions or issues, call our office to speak with a nurse (916-983-9895).
- SHOWERING AND BATHING: You may shower on the 3rd day after your body surgery and 1st day after facial surgery. It is fine to allow your incisions to get wet. Leave the adhesive strips (steri-strips) on your skin. Do not use a bathtub/hot tub until you are completely healed and have been cleared by your surgeon to do so.
- SUTURES: Most of your sutures are absorbable and do not need to be removed. However, there are a few that will be removed on your 1 week or 2-week post-operative appointments. Keep them clean and dry.
- EXPOSURE TO SUNLIGHT: Scars take at least a year to fade completely. During this time, you

must protect them from the sun. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. Always wear a sunscreen with at least an SPF of 15 when in the sunshine. Cover all incisions with clothing or a band-aid. Tanning beds are never a good idea but if you choose to use them, be sure to protect your scars.

- **ACTIVITIES/SPORTS:** It is important that you avoid straining or any aerobic activity for at least 4-6 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise until your surgeon clears you to do so. They will increase your activity level according to the progress of your recovery.
- **SEXUAL ACTIVITIES:** Please re-read the Activities/Sports above and apply the same concept to sexual activities.

GENERAL SURGICAL RISKS

- We want you to understand fully the risks involved in surgery so that you can make an informed decision. Although complications are infrequent, all surgeries have some degree of risk. All of us here at AASMC will use our expertise and knowledge to avoid complications, as we are able. If a complication does occur, we will use those same skills to solve the problem quickly.

NORMAL SYMPTOMS

- **SWELLING AND BRUISING:** Moderate swelling and bruising are normal after any surgery. Severe swelling and bruising may indicate bleeding or possible infection.
- **DISCOMFORT AND PAIN:** Mild to moderate discomfort or pain is normal after any surgery. If the pain becomes severe and is not relieved by pain medication, please call us (916-983-9895) immediately.
- **NUMBNESS:** Sensory nerves to the skin's surface are occasionally cut when an incision is made during surgery—causing a feeling of numbness. However, the sensation does gradually return (usually within 2 or 3 months) as the nerve endings heal spontaneously. Occasionally numbness is permanent.
- **ITCHING:** Itching and occasional small shooting electrical sensations within the skin frequently occur as the nerve endings heal. Ice, skin moisturizers and massages can be helpful if they become bothersome. These symptoms are common during the recovery period.
- **REDNESS OF SCARS:** All new scars are red, dark pink or purple in color. Scars on the face usually fade within 3-6 months. Scars on the breasts or body may take a year or longer to fade. No scars are invisible.

COMMON RISKS

- **HEMATOMA/SEROMA:** Small collections of blood or fluid under the skin, usually absorb spontaneously. Larger hematomas may require aspiration, drainage, or even surgical removal to achieve the best result.
- **INFLAMMATION AND INFECTION:** A superficial infection may require antibiotic ointment. Deeper infections are treated with oral antibiotics. Rarely, development of an abscess requires drainage.
- **THICK WIDE DEPRESSED SCARS:** Abnormal scars may occur even though we have used the most modern plastic surgery techniques available. If this is the case, an injection of steroids into the scar, placement of silicone sheathing onto the scar or even scar revision surgery is occasionally necessary. Some areas on the body scar more than others and some people scar more than others do. Your own history of scarring should give you some indication of what you can expect.

- **WOUND SEPARATION OR DELAYED HEALING:** Any incision during the healing phase may separate or heal unusually slow for several reasons. These include inflammation, infection, decreased circulation, smoking or excess external pressure. If delayed healing occurs, the final outcome is usually not significantly affected, but a secondary revision of the scar may be necessary.
- **SENSITIVITY OR ALLERGY TO DRESSINGS OR TAPE:** Occasionally, allergic or sensitivity reactions may occur from the soaps, ointments, tape or sutures used during or after surgery. Such problems are not typical but are usually mild and easily treated. In extremely rare circumstances, allergic reactions can be severe and require aggressive treatment or even hospitalizations.
- **INJURY TO DEEPER STRUCTURES:** Blood vessels, nerves and muscles may be injured during surgery. The incidences of these injuries are rare.

THIS IS NOT A COMPLETE LIST OF RISKS

RARE COMPLICATIONS

- Medical complications such as pulmonary embolism, severe allergic reactions to medications, cardiac arrhythmias, heart attack, and hyperthermia are rare but serious and life-threatening problems. Failure to disclose all pertinent medical data before surgery may cause serious problems for you and for the medical team during surgery. If during the post-operative period you feel worried or concerned about anything, please call us and we will arrange to see you promptly or refer you to an appropriate facility.

UNSATISFACTORY RESULT & NEED FOR REVISIONAL SURGERY

- All plastic surgery treatments and operations are performed to improve a condition or a particular part of one's appearance. While most procedures are performed with a very high probability of success, disappointments can occur, and results are not always acceptable to the patient or the surgeon.
- Asymmetry, unhappiness with the result, poor healing, etc. may occur. Minimal differences are usually acceptable. Larger differences may require revision surgery. Rarely problems may occur that are permanent.
- See our "Surgical Revision Policy" for further details.

MEDICATIONS

- Your surgeon and the nursing staff have given you prescriptions for your comfort and care. It is important that you use the medications as directed unless you experience abnormal symptoms that might be related to medication usage.
- Symptoms such as itching, development of a rash, wheezing, and tightness in the throat would probably be due to an allergy. Sometimes nausea, vomiting and/or abdominal pains occur. Should any of these symptoms occur, discontinue all medications, and call our office for instructions.

Common Medicines Containing Aspirin and Nonsteroidal Anti-Inflammatory Drugs (NSAIDs)

Aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), and excessive amounts of vitamin E can all increase your risk of bleeding. This is especially true during or after an operation or procedure.

Many over the counter and prescription medicines contain aspirin or NSAIDs. Below are lists of common medicines containing each of these drugs. While these lists have the most common products, they are not all-inclusive. Please check with your pharmacist or doctor or look on the product label.

All patients anticipating surgery must stop taking all sources of Aspirin and or products containing Aspirin, Ibuprofen, and excessive amounts of Vitamin E, two (2) weeks prior to and one (1) week after surgery. These products are a very strong anticoagulant, which may cause profound bleeding problems in normal individuals.

Avoid these common medicines--Products in *bold* require a prescription

A/D	Heartline	Soma compound with Codeine tablets
Alka Seltzer	Excedrin extra-strength analgesic tablets & caplets	Pravigard
Anacin	Excedrin Migraine	Rhinocaps
Analgesic Caplets	Gelpirin	Salocol
Arthritis Foundation Pain Reliever	Fiorgen PF	Sine-off sinus medicine tablets-aspirin formula
Arthritis Pain Formula	Fiogestic	Robaxisal tablets
Arthritis Strength Bufferin	Fiortal	Saleto
ASA Enseals	Fiorinal (most formulations)	Roxiprim
ASA Suppositories	Genprin	Sodol
Ascriptin and Ascriptin	Gensan	Soma compound tablets
Aspergum	Headrin	St. Joseph Adult Chewable Aspirin
Asprimox	Isollyl	Supac
Axotal	Lanoprinal	Suprin
Azdone	Lortab ASA tablets	Synalgos DC capsules
Bayer (most formulations)	Magnaprin	Tenol-Plus
BC Powder & Cold formulations	Maximum strength arthritis pain formula by the makers of Anacin	Trigesic
Bufferin (most formulations)	Analgesic	
Buffets II	Marnal	Tri-pain
Buffex	Micrainin	Talwin compound
Cama Arthritis Pain Reliever	Midol	UN-aspirin
COPE	Momentum	Ursinus
Darvon Compound 65	Norgesic Forte (most formulations)	Vanquish Analgesic caplets
Dasin	Aspirin	Zee-Seltzer
	Aspirin Norwich regular strength	Wesprin buffered

STOP TAKING ANY FORM OF DIET PILLS 4 WEEKS PRIOR TO SURGERY

Avoid these non-steroidal anti-inflammatory drugs (NSAIDs) --Products in *bold* require a prescription

Actron caplets
Advil

Advil migraine
Aleve
Altran
Anaprox DS
Ansaid
Arthrotec
Bayer Select pain relief formula caplets
Children's Motrin
Clinoril V
Daypro

Diclofenac
Etodolac
Excedrin
Feldene
Fenoprofen
Flurbiprofen
Genpril
Ibuprin
Ibuprofen
Indomethacin
Indocin
Ketoprofen
Ketorolac

Lodine
Meclofenamate

Mefenamic Acid
Meloxicam
Menadol
Midol IB
Mobic
Motrin IB
Nabumetone
Nalfon
Naprosyn
Naproxen

Nuprin
Orudis KT

Oxaprozin
Pedia Care Fever
Piroxicam
Ponstel
Relafen
Saleto 200
Sulindac
Toradol
Voltaren

Avoid these Vitamin E products

Amino-Opt-E	E-complex 600
Aquasol E	E-400 IU
Aquavit	E-1000 IU softgels
D'alpha E	Vita Plus E

Medicines to take instead--Products in **bold** require a prescription

You can take acetaminophen and products that contain it. They do not affect your platelets and will not increase your chance of bleeding. Do not take more than 4 grams in one day; very high doses can cause liver damage.

Acephen	Panadol	Talacen
Aceta with Codeine	Fiorcet	Tempra
Acetaminophen with Codeine	Lorcet	Tylenol
Arthritis Pain Formula aspirin -free	Lortab	Tylenol with Codeine #3
Aspirin Free Anacin	Naldegescic	Vanquish
Bayer non-aspirin	Norco	Vicodin
Datril		Wygesic
Davocet N 100	Percocet	Zydone
Di-Gesic	Repan	
Esgic	Roxicet	

Many over the counter herbal medications also cause bleeding and must be discontinued for three weeks prior to surgery. A few of these include:

Cayenne	Garlic	Kava-Kava
Echinacea	Ginseng	Licorice
Ephedra	Ginko	Saw Palmetto
Feverfew	Ginger	St. John's Wort
Fish Oil	Goldenseal	Valerian



Consent for Nicotine Use

Nicotine use is a contraindication for elective surgery.

Nicotine reduces nutrient blood supply to soft tissues and results in complications such as skin death, scarring, capsular contracture, and deformity. The incidence of skin flaps loss is three times higher than in non-nicotine users. This is most important in plastic surgery, examples of which are breast reduction, breast lift, abdominoplasty, face/neck lift, rhinoplasty. Smokers' cough in particular causes bleeding, swelling, hematoma, and increases bruising during the post-operative period.

The decreased oxygen carrying ability of the blood can possibly trigger serious complications such as stroke, heart attack, and death.

The risk of the above complications can be decreased by abstaining from smoking/vaping and /or any nicotine-containing substitute (example: nicotine gum/patches) for 45-days before and 45-days after surgery. **Our practice will refuse to operate on patients that cannot quit ALL nicotine use for this period of time.**

Secondhand smoke carries the same risk.

Please check one:

I DO NOT use nicotine in ANY form and have been made aware of the risks associated with nicotine and my recovery

I am going to quit permanently

I am going to quit completely for 3 months

___ Knowing the risks, I am going to continue to smoke (applies to breast augmentations, liposuction, and upper blepharoplasties ONLY).



READ CAREFULLY BEFORE SIGNING

CONSENT TO ADMINISTRATION OF ANESTHETICS, AND THE RENDERING OF OTHER SERVICES

I authorize and direct all anesthesia providers at AASMC to perform anesthesia for me and/or to do any other procedure that in his/her judgment may be advisable for my well-being.

Anesthesia involves the use of drugs or medication. The type of anesthesia to be administered has been determined by my surgeon and anesthesiologist to be the most appropriate for me and the procedure that I am undergoing. Not only do different individuals react differently to the same medication, but the state of their physical health influences the action of medicine. While all possible precautions will be taken, unforeseen reactions may occur.

I understand and accept that certain risks and complications are inherent in any anesthetic procedure. Post anesthetic nausea and vomiting, headache, phlebitis (blood clot), sore throat with laryngeal and/or tracheal swelling, heart and lung abnormalities, nerve and/or muscle disorders may occur. No anesthetic procedure, general, local, spinal, epidural, or other, is guaranteed against any post-operative complication. Even though steps are taken to protect bridgework, crowned or unsound teeth, there is no guarantee against possible accidental damage. Although rare, there is a risk of death, paralysis, or brain damage associated with the administration of anesthetics.

The nature of the procedure has been explained to me and no warranty or guarantee has been made as to the result.



Surgical Revision Policy

All Plastic Surgery treatments and operations are performed to improve a condition, a problem, or appearance. While most procedures are performed with a very high probability of success, disappointments can occur, and results are not always acceptable to patients or the Surgeon. Therefore, secondary procedures or treatments may be indicated. Rarely, problems may occur that are permanent. Poor results such as asymmetry, unhappiness with the result, poor healing, etc. may occur. Minimal differences are usually acceptable. Larger differences may require revision surgery.

Healing is also unpredictable and outcomes from surgery can be outside of your doctors' control. Patients can have acute issues, such as hematomas or seromas (blood or fluid collections), or reactions to adhesives, medications, or suture material. Patients can also have long term complications, such as a capsular contracture (hardening of the scar tissue around a breast implant) or poor scarring--just to name a few. We do the best we can, with the latest treatments, to minimize your risk for any complications following your procedure.

There are also serious risks to any surgical procedure, such as a blood clot in the leg or pulmonary embolus. These are emergency situations and need to be addressed at your nearest hospital immediately. Any hospitalizations, treatments, tests, medications or any surgical procedure not done at our facility, are the financial responsibility of the patient.

Aesthetic surgery is both an art and a science, and our surgeons strive to obtain the best possible results for their patients. However, they can promise only to do the best job they are trained to do. If your surgeon determines that a revision procedure is appropriate, the following policy applies:

Your surgeon will provide post-operative care after your initial surgery for a period of up to one year.

Should a secondary procedure be required, the minimum fee for a surgical revision will be \$2,000 and a local procedure \$750. It is not uncommon our surgeons to have the patient wait one year for the healing process to complete to determine if a revision procedure will be necessary. Revision procedures will not be considered if the patient is not at or below their pre-operative weight.

Please keep in mind, there is a difference between a “revision” and “additional surgery”. Not all surgical expectations can be achieved in a single surgery.



Discharge Instructions

ACTIVITIES: Rest at home today and take it easy. Take things slow as the medications you were given can cause drowsiness and/or dizziness. When getting up, sit up and dangle your legs for a minute. It is advisable to have your caretaker with you the first few times you get up. A responsible adult person needs to be with you for the first day or two and you may need someone longer depending on how you feel. Do not drive until you are no longer taking pain medication for at least 24 hours and feel safe behind the wheel.

DIET: Immediately after surgery, start with a bland food diet. Even if you are not hungry after surgery, it is important to eat something to ward off nausea, and before taking medication. Do not eat anything spicy, greasy, or acidic. Stay hydrated with water.

BLAND DIET FOOD CHOICES:

(If you had a facelift and/or chin implant, make sure your food is soft and cut into small pieces to avoid needing to open your mouth too wide. Some patients may prefer to be on a bland diet for 1-2 weeks).

- Protein shakes, smoothies (**NO CITRUS**)
- Fruits: Bananas, papaya, berries, canned peaches or pears, applesauce
- Dairy: Eggs, yogurt, milk, cottage cheese, pudding, custard, ice cream, milkshakes
- Vegetables: Cooked potatoes, sweet potatoes, carrots, green beans, peas, broccoli, spinach
- Meats: (Mild seasoning) chicken, ground turkey, ground beef
- Shrimp or Fish: White fish, sole, trout, snapper
- Grains: Oatmeal, cream of wheat, pasta, rice, quinoa, risotto

- Legumes: Black beans, garbanzo beans, pinto beans, lima beans
- Soups: Chicken noodle, chicken with rice, vegetable soup
- Jell-O

If you do not have nausea after eating a bland meal, then continue with a high protein diet of your choice. To avoid additional swelling, stay away from additional salt or foods high in sodium. Stay hydrated by drinking water. Alcohol should be avoided immediately after surgery and until you are completely off pain medication. Alcohol and pain medications are not a good combination and can have negative side effects.

Garments/Dressings: Keep all garments and dressing on until your appointment or until instructed to do so. Keep in mind some areas may ooze or become wet after procedures such as liposuction. If dressings become saturated, you can replace the wet pads or gauze with dry ones. Do not shower until post-op day 3 unless otherwise instructed.

Please contact our practice for questions during our business hours Monday through Friday 8:00am-4:00 pm. For urgent matters that cannot wait until the next business day, please call our office [916-983-9895](tel:916-983-9895) and the person on-call will contact you. Examples of emergencies include difficulty breathing or shortness of breath, bright red persistent bleeding (not from liposuction) or pain that is getting worse.

COMMON POST SURGICAL QUESTIONS AND SOLUTIONS:

Nausea or Vomiting: Take your prescribed Zofran (Ondansetron) and sip on fluids such as ginger ale or 7-up. Eat a few saltine crackers or toast. Stay hydrated.

Constipation: If you have not had a bowel movement by post op day 3, increase fluid intake and drink a cup of Smooth Move Tea (sold at most grocery stores, CVS, Walgreens). You can also use MiraLAX or Dulcolax. Add more fiber to your diet. Get up and walk around your home.

Unrelieved pain: The first few hours after surgery tend to be uncomfortable. Have something to eat, start your pain medications and muscle relaxer (if prescribed) and try to sleep. After a nap, the pain will be less severe. Burning and stinging are short lived, and pain will continue to improve with time.

Fever: After anesthesia, it is normal to have a low-grade fever. If you start feeling unwell after the first 3 days, take your temperature. If your temperature is greater than 100 degrees, call our office. There is no need to take your temperature if you are feeling well!

Keep in mind, our office hours are 8am-4pm (Monday-Friday). If you need anything, PLEASE call us before the end of our business day, so we can assist you in a timely manner. **Please do DO NOT send us a message via *Instagram* or *Facebook* regarding your care or any questions you might have, as our medical staff does not oversee our social media.**

If you had a procedure such as liposuction or tummy tuck with muscle tightening, a numbing medicine was used that takes several days to be metabolized from your body. These agents are lidocaine and/or Exparel. It is extremely important to let any health care providers know this, if any additional treatments are done within the first four days of your procedure with us.