

## **Cosmetic Surgery General Instructions**

### **Planning Before Your Trip:**

- If you live outside the immediate Los Angeles area, we can assist you in arranging accommodations. We can also help you arrange your postoperative care needs.
- If your surgery is done under sedation, you cannot be alone the first 24 hours after surgery. You must either have someone pick you up and stay with you for the first night, or you need to have us help you arrange for an aftercare facility or nurse.
- Do NOT take any aspirin, ibuprofen, NSAIDS, fish oil, or large doses of vitamin E for at least 1 week before surgery. You may start taking them after surgery.
- If you are under age 35 and otherwise healthy, no blood tests are needed. If you are over age 35 or have major health issues you will need to get blood tests done either with your doctor or by our office at least the day before surgery.
- Patients over age 45 need a complete history and physical as well as clearance for surgery from their physician.
- If you would like, you can start taking Vitamin C and Zinc starting about a week before surgery which will help you with the healing process. You can also take Arnica Montana starting 2 days before.

### **The Day Before Surgery:**

- Confirm the time of surgery with our office.
- Do not drink any alcohol and avoid too much salt.
- Do not eat or drink anything after midnight the night before surgery.

### **The Morning of Surgery:**

- Shower and wash your hair. Do not put any other products in your hair or on your face.
- Wear something comfortable that will not be tight around your head. A button up works best.
- If you wear contact lenses be sure to bring glasses or a case to take out your lenses before surgery.
- Bring your prescription medications with you.
- Please arrive on time to the surgery center.

### **The Night After Surgery:**

- Start taking your antibiotics.
- Keep your head elevated at least 30 degrees.
- Avoid eating too much salt.

**The Next Day:**

- You will come in for a follow up appointment. If you have a dressing on, your dressing will be removed.
- If you have external stitches, you will be given antibiotic ointment to apply to the stitches. Please apply this to the stitches 3 times a day to keep the incision moist at all time until the stitches are removed.
- Continue to ice on and off today.
- That night you may shower and wash your hair.

**The Following Week:**

- If you have stitches, your stitches will be removed by Dr. Aharonov usually 6 days after surgery.
- After the stitches are removed you can stop applying the antibiotic ointment.
- You may resume normal exercise and full activity 10 days after surgery.