

Dr. Naderi's Pre and Post Operative Instructions

- Make sure all your questions & concerns are answered by Dr. Naderi &/or his staff prior to the actual surgery.
- Arrange your post-operative appointment time before your surgery. Most major surgeries will need to be seen in the office for follow-up the very next day after surgery and again in 5 to 7 days later.
- Fill all your prescriptions prior to surgery. Start taking your antibiotics 24 hours before your surgery **if your surgery will be under local anesthesia**. For other types of anesthesia, you will start your antibiotics immediately after your surgery.
- You may take your blood pressure, seizure & heart medicines with a small sip of water the morning of your surgery.
- Stop taking Aspirin 2 weeks prior to surgery. Ibuprofen, Motrin, Alleve, Advil and all NSAIDs will make you bleed excessively as well. Only take Tylenol for aches & pain within 2 weeks of your surgery if OK'ed by your family doctor.
- High dose Vitamin E, Fish oil, Herbal supplements and health food store products, drinks or power-bars often make you bleed excessively as well. Avoid these 2 weeks prior to surgery. If in doubt, check with your doctor.
- If you Take Coumadin or Plavix or Aspirin, check with your family doctor to make sure these are OK to be stopped with enough time prior to surgery. (5 days to 2 weeks depending on medication type)
- Drink plenty of fluids the afternoon prior to surgery as well as after your surgery to avoid dehydration and fainting spells.
- Make sure you are well nourished. You need energy and protein to heal properly. This is no time to diet! A simple Multi-vitamin is a good supplement as is extra Vitamin C.
- Make sure you do not eat or drink past midnight the night before surgery IF YOU ARE being sedated or being put to sleep for surgery.
- Take a shower the morning of your surgery and wash your face and hair with an antibacterial soap & mild shampoo. DO NOT USE ANY MAKE-UP or products on your face or hair after your shower or after your surgery until cleared by Dr. Naderi.
- Wear loose fitting & comfortable clothes with a shirt that buttons down the front. (No tight or crew – neck collared shirts)
- Make sure you have someone drive you to your surgery and pick you up afterwards. Make sure you have a friend or relative stay with you for at least 24 hours after your surgery. (You cannot drive or stay alone). You may choose to stay at the Hospital the night of your surgery.
- Use Hydrogen Peroxide on a Q-tip to **clean all** your incisions and suture lines then cover the area with a thick layer of antibiotic ointment. Do this at least 4 times a day for 14 days on all areas that are NOT covered by brown tape or dressing, or if the tape should fall off before your follow-up appointment.
- You may have certain incisions covered with brown 3M Micropore tape or "Steri-strip" tape for up to 3-4 weeks. You will use 3 layers of tape on the incisions as instructed. This usually applies to skin lesion or mole excision sites. If using tape, do not use ointment as this will make the tape slip off. But do the cleaning with Hydrogen Peroxide before re-taping.
- **Use Cool Compresses** to decrease swelling: Purchase new baby washcloths (or gel packs.) Make an ice-water bath in a clean bowl. Soak the washcloths, then drench them out till moist and cold and use these on your face as "cool compresses." 20 minutes on and 20 minutes off. **DO NOT** place actual ice-packs or frozen peas on your face. Do not get your splint or dressing wet.
- No lifting over 10 lbs and no bending over for 10 days. You may NOT exercise for 2 weeks. Refrain from intense sexual activity for 2 weeks. No contact sports for 3 months.
- Sleep with your head up on 2-3 pillows or on a recliner for at least 1 week after surgery to reduce swelling. Also sleep by yourself so your partner does not inadvertently hit your face while asleep.
- **When in doubt - call!** Call with any questions or any signs of allergic reaction (redness, indurations, itching) or infection (redness, swelling, pain, pus, discharge, blisters, or fever) or excess bleeding or broken sutures. **(703-481-0002 or 301-222-2020)**

- Always check with your family physician, psychiatrist, neurologist, heart, or diabetes doctors as well as eye doctor if it's OK for you to have surgery and anesthesia. We require a clearance letter from them most of the time prior to scheduling surgery.
 - You **will** have bruising. It may take up to 3 weeks or longer for complete resolution but after 10 days you can cover the areas with water-based make-up. **YOU WILL HAVE SWELLING. THIS IS A NORMAL PART OF THE HEALING PROCESS.** About 70% of the swelling will usually be gone by one month and 90% should be gone by 6 months. BE PATIENT and feel free to ask questions. You will have 'lumps & bumps' and irregularities and slight asymmetries. These should even out with time as the swelling resolves. **IT IS ALSO NORMAL to get depressed or anxious before and especially after your surgery.** Understanding this will help you get through it. Sometimes an anti-depressant or Valium prescribed by your family physician can help you get through this period. Do not feel ashamed or frustrated. Everyone goes through this to different degrees. The end results are what counts. Avoid being affected by negative comments from ill-advised "friends" or relatives.
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SPECIFIC PROCEDURES:

- ***For Nose Surgery:*** Do not get your splint wet! The splint must stay on for one full week. You will have some bloody discharge from your nose for several days. This is normal. Do not wipe your nose. Change the small gauze dressing under your nose as needed. **DO NOT BLOW** your nose or **SNIFF** forcefully for 2 weeks. (You will have swelling inside your nose as well as outside, which will make breathing out of your nose difficult). Clean the inside of your nostrils with hydrogen peroxide soaked Q-tips and apply antibiotic ointment at least 4 times a day. (Place the entire cotton tip head gently inside your nose but no deeper! This correlates to about 1/4 inches inside the nose). Use the Q-tip to "paint" the peroxide into the nose and allow it to dissolve the blood scabs. Do not scrub aggressively. Purchase "Nasal Saline Spray" and start gently spraying every 2-3 hours, starting about 5 days after your surgery, to soften up the dry blood and crusts inside your nose. Keep a stiff upper lip. Avoid excess smiling for one week. Brush your teeth with a baby toothbrush. Take frequent sips of water **through a straw** to avoid your throat drying out due to the constant mouth-breathing. Use Vaseline on your lips to avoid chapping. **If you have to sneeze, do it with your mouth open.** **Do not wear glasses on your nose for at least 4 weeks.** If you develop a brisk nose bleed, sit in a recliner....take a pain pill....put cool compress cloths across your face and eyes and hold pressure on each side of the **base** of your nostrils for 10 minutes. You may use 2-3 sprays of **Afrin or Neosynephrine spray** in your nose and repeat in 10 minutes if necessary. Call if the bleeding is excessive or concerning. Go to the nearest Emergency Room when in doubt. You will usually be seen the next day and then again 5-7 days after your surgery to get sutures and the splint removed. Routine follow-ups are usually at 1, 3, 6 and 12 months after surgery. Please visit www.VirginiaRhinoplasty.com for more instructions.
- ***For Resurfacing patients (Laser, Chemical peel, Dermabrasion...):*** Clean the areas 4 - 6 times a day with tap-water soaked cotton balls. Pad dry, then cover with a **THICK** layer of **Vaseline ointment**. Also get in the shower and let plain cool water clean your face another 2 times a day. Do not use soap or products on your face. **Do not let your face dry or scab.** Call if you have excess pain, or individual ulcers or pustules on your face as this may be signs of infection or a herpes outbreak. Take your antibiotic and antiviral medicines as prescribed. Stay out of the sun completely. For the next 3 months you must use sun-block and a hat. Most of the time you will be using a "**bleaching**" cream skin preparation for 4 weeks prior to your **procedure**. Stop this the day before your procedure and do not restart until 4 weeks after your procedure as instructed by Dr. Naderi. Stop Retin-A products 1 week prior to the procedure. **Start your Anti-viral medication 72 hours prior** to the procedure and continue for the full 10 day course.

- ***For Eyelid Surgery patients:*** You may have swelling, blurry vision, excess tearing or dry eyes for several weeks. Pain, burning, or scratchy eyes may be a sign of inadequate lubrication and require immediate attention. **LUBRICATE, LUBRICATE, LUBRICATE** using the antibiotic eye ointment prescribed for the first week then use **Artificial Tears** and **Lacrilube** thereafter. Use cool compresses as described above. Clean your incisions as described above 4 times per day but apply antibiotic EYE OINTMENT instead of regular antibiotic ointment. Do not get Peroxide in your eyes! Also place the prescribed eye ointment & eye drops inside your eye **WITHOUT** pulling down on the lower eyelid. **DO NOT** use contacts, false lashes, or makeup until instructed by Dr. Naderi. Call immediately if you have excessive pain or sudden swelling or change in vision.
- ***For Facelift & Neck lift patients:*** Empty the drain bulbs as shown by recovery room nurses. You will have a dressing with drains for the first night. These will be removed on your one-day follow-up appointment. You will be instructed to wear a chin-strap for an additional few days. Watch for 'goose egg' shaped areas of swelling as these may be fluid collection. Clean your incisions around the ears and apply ointment as described above 4 times per day without pulling on the ear. Get in the shower at least once a day starting 2 days after your surgery and wash your hair with baby shampoo. Make sure you also do this prior to your one-week appointment to help make your suture & staple removal more comfortable. Wear shirts that button down the front to prevent tearing your earlobes. **DO NOT** rub your face or neck, or turn your head from side to side to allow the lifted skin to adhere to the underlying muscle. Turn your head, neck and shoulders as one unit. **For men: DO NOT SHAVE for 3 days before and 10 days after your surgery.** You may not drive for at least one week. **Call immediately if there is excess pain or swelling** as this may be a sign of acute fluid or blood collection under the skin. Five to 8% of all patients will get fluid collections that need to be evacuated. **YOU MUST NOT SMOKE or use Nicotine products** for 3 weeks before and 3 weeks after surgery! Large parts of your skin will likely die if you smoke or use Nicotine, as Nicotine compromises blood flow to the skin!!! This is not something to be taken lightly!
- ***For Ear Surgery patients:*** You will wear an elastic post-op Velcro strap around your ears for one week after surgery. Purchase a sport type **elastic** head-band. You will wear this for 3 additional weeks at bedtime to avoid inadvertent trauma to the ears. Clean the incisions and apply ointment 4x/day without pulling on the ear. Take your antibiotics as instructed.
- ***For cheek and chin implant patients (and Mid-face lift):*** Rinse the inside of your mouth gently with half strength hydrogen peroxide 3-4 times a day and after meals. This is to keep the sutures clean. Take your antibiotics as there is always a slight chance of infection with implants. DO NOT manipulate your face or sleep on your face for 3 weeks to prevent shifting of the implant.
- ***For brow/forehead lift patients:*** Wash your hair gently with baby shampoo. Avoid rubbing or massaging your scalp aggressively during your shower to allow the scalp to adhere back down. You will have numbness of your scalp followed by some tingling and itching for several months. Rarely this may be permanent. Your hair may go through a "shock phase" and thin out initially. These are all normal and will resolve with time. Do not use hair products other than mild baby shampoo. Hair loss at the incision sites may be permanent.
- ***For Fat Injection patients:*** Wash your face 3 times a day gently with a mild soap like Ivory Soap. Keep some antibiotic ointment on the very tiny incisions 3-4 times a day. Wear your elastic or Ace wrap around the fat-harvest site as instructed for the week after surgery to prevent fluid collection.
- ***For Scar Revision & Mole or Skin Cancer patients:*** Keep your incisions clean and scab and crust free. Dr. Naderi may ask you to clean the area with dilute peroxide then cover with Antibiotic ointment 3-4 times a day. Alternatively, he may have taped the area with Steri-strips or brown Micropore tape. In such cases, leave the tape on if clean and dry and intact. If the tape is coming off on its own, then take the tape off, wash, dry and re-tape in the same manner as before. Continue this for 3 weeks after surgery. Call with

questions or signs of irritation or allergic reaction or infection. Ask when in doubt. Your sutures (if any) will often be removed 3-7 days after surgery.

- ***For neck liposuction & Submentoplasty patients:*** Your dressing will be removed the day after surgery and you will be given an elastic Velcro strap to wear at all times for a few days after surgery. Avoid excess head or neck movement. Call if you see any swelling under your chin as this may represent fluid collection. Slight little lumps and bumps are normal for a few weeks. These should resolve over time.
- ***For Lip Implant patients:*** Clean your incisions with half strength peroxide and use antibiotic ointment on the area 3-4 times a day. Avoid excess mouth or lip movement and do not use straws nor smoke for 3 weeks. Use a small tooth brush to brush your teeth. Take your antibiotics. Start the antibiotics 48 hours before surgery.
- **Call 703-481-0002 or 301-222-2020 with questions or comments. You can email us with less urgent questions at info@nadericenter.com**
- **Call 911 to be taken to the nearest Emergency Room if you have an emergency or cannot reach your doctor.**
- **Visit our websites, www.NaderiCenter.com or www.VirginiaRhinoplasty.com or www.RhinoplastySpecialistSurgeon.com for additional information.**

“Good luck and enjoy your experience. Cosmetic Surgery is an elective luxury and you should enjoy it. We are here every step of the way to prepare you and make this as easy as possible for you.”

The Naderi Center Staff