

COSMETIC SURGERY OF LAS VEGAS

Patient:



COSMETIC SURGERY
OF LAS VEGAS

DR SAMIR PANCHOLI

Facial Implants - Post Surgery Care

Shopping: Obtain these items before surgery.

- Prescriptions
- Supplies:
 - Ice pack or Frozen peas and Ziploc bags.
 - Q-Tips
 - Hydrogen Peroxide
 - If you have cheek implants:
 - Table salt.
 - New soft-bristle toothbrush.
 - Non Alcohol based mouthwash such as Crest Pro Health Mouthwash.
- Food – Day 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)
Week 1 and 2: Soft diet.
Week 3 and forward: slowly progress to a normal diet.

Dressings/Bandages:

- If you have Cheek Implants: Typically no dressing is required.
- If you have Chin Implants:
 - Maintain any surgical tape in place until it is removed by Dr. Pancholi.
 - Using scissors, carefully trim any edges of the surgical tape which start to peel off.
 - You may shower daily starting 24 hours after surgery.
 - *Do not bathe.*
 - The surgical tape may get wet, but avoid soaking the tape in water.
 - Towel dry the surgical tape first and then use a hairdryer on a cool air setting to complete the drying process. Do not use the warm or heated hairdryer settings

Sutures:

- Your sutures are dissolvable.

Wound Care:

- If you have Cheek Implants:
 - Your incisions are located inside your mouth and on the side of the upper jaw.
 - Starting the first day after surgery, clean your incisions as follows:
 - Swish gently with lukewarm salt water (1 teaspoon of salt per 8 oz of water) three times a day.
 - Be careful not to swallow any of the water.
 - Gently brush your teeth at least 3 times a day and then rinse with warm salty water.
 - Once daily, gently dab (not rub) the incision area with a Q-tip soaked in diluted hydrogen peroxide (mixed with 50% water).
- If you have a Chin Implant:
 - Dr. Pancholi will remove the surgical tape and apply new paper tape at your one week appointment.
 - Maintain this tape as described above.
 - Gently dab (not rub) the incision area with a Q-tip soaked in diluted hydrogen peroxide (mixed with 50% water)
 - Then apply a thin layer of antibiotic ointment to the tape, over the incision.
 - Dr. Pancholi will remove your paper tape at your next appointment.

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Activity:

- Up to 3 weeks:
 - Do nothing that raises your heart rate or blood pressure including but not limited to:
 - Lifting
 - Exercise
- Up to 2 weeks:
 - Avoid heavy exercise or lifting
- Up to 1 week:
 - Avoid driving while still taking prescription pain medication
 - Sleep on your back and avoid lying directly on the side of your face.
 - Sleep with your head elevated 30 to 45 degrees with several pillows to help decrease swelling.
 - Maintain a soft diet and avoid heavy chewing and prolonged talking
- Up to 24 – 48 hours:
 - Apply ice pack / cold pack / Frozen peas in Ziploc bags to your cheeks and/or chin.
 - Avoid nicotine to avoid healing complications.
 - Avoid drinking alcoholic beverages to minimize bleeding.
 - Do not lift anything over 10 pounds.

Special Instructions:

- Swelling, bruising, and some bloody drainage are normal for the first 2 weeks.
- If one side of your face is more swollen, bruised, or painful than the other side please contact Dr. Pancholi
- Numbness, tingling, or sharp sensations is expected for the first few months.
- Do not drive any vehicles or operate and heavy machinery:
 - 36 hours following your surgery.
 - 4 hours following your last dose of pain medication.
 - 8 hours following your last dose of sleep medication.
- Prescriptions:
 - If you have a sensitive stomach, take your antibiotic with yogurt.
 - If your pain medicine is making you sick:
 - Lower the dose.
 - Take it with food.
 - Notify Dr. Pancholi.

Patient

Signature: _____ Date: _____

Address: _____

Phone: _____

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|------------------------------|------------------------------|-------------|
| Guardian Signature: _____ | Relation to Patient _____ | Date: _____ |
|------------------------------|------------------------------|-------------|

Dr. Pancholi _____ Date: _____

Witness _____ Date: _____