

PRE-SURGERY PREPARATION

DO NOT take aspirin or any anti-inflammatory medications such as ibuprofen, Motrin, Aleve or Advil for 2 weeks prior to and 1 week after your surgery.

STOP taking vitamin E and fish oil supplements for 2 weeks prior to and 2 weeks after surgery. A multivitamin is fine as long as it has less than 700 IU per day.

STOP smoking for at least 2 weeks before and 2 weeks after your surgery. Smoking greatly increases your chance of complications.

MAKE ARRANGEMENTS to have someone drive you to and from surgery and to your office visit the day after surgery.

ARRANGE for someone to care for you the first 24-72 hours after surgery.

FILL your prescriptions before surgery. It is not necessary to bring them with you to the surgery center.

SET UP a home recovery area with lots of pillows in a quiet area where you can rest. A recliner is very helpful if you have one.

HAVE light foods on hand such as saltine crackers, protein shakes, soup, applesauce, jell-o, popsicles, etc. Also have plenty of fluids available. Water, dilute fruit juices, dilute Gatorade and caffeine free tea are good choices.

DO NOT eat or drink anything after 12:00 midnight. This includes water, candy and chewing gum. We suggest having a light dinner no later than 7 pm the evening before your surgery to minimize the chance of nausea. Drinking plenty of water (64oz/day) or more for two days prior to your surgery will also help prevent post-op nausea.

WEAR only comfortable, loose-fitting clothes that open in the front to the surgery center. Slippers or slip-on shoes are preferred. For patients having a tummy tuck a robe is best.

DO NOT wear makeup, jewelry, contact lenses or body piercings to the surgery center.

SHOWER and wash your hair the morning of surgery. Wash the area you are having surgery on with Hibiclens (antiseptic cleanser), which will be provided for you at your pre-op appointment. Do not apply any powder, lotion or deodorant after you shower.



HEDIEH A. STEFANACCI, M.D.
AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY

POST-SURGERY: CO² LASER RESURFACING

INSTRUCTIONS

- Take your pain and antiviral medication as directed.
- A facial ice pack will be applied in the recovery room. Continue to rotate it 30 minutes on, 30 minutes off while awake. Use it for the first 24-48 hours or longer for comfort.
- Begin your antibiotic the day after your surgery.
- Decreased activity and narcotic pain medication may cause constipation, increase fluid intake and use a stool softener (such as Colace) as needed.
- Do not drink alcohol while taking pain medication.
- Sleep on your back with your head elevated for the first week. Use two pillows or a wedge shaped foam pillow available at most medical supply stores. You can also sleep upright in a recliner.
- Substitute Tylenol (acetaminophen) for your narcotic pain medication as tolerated. For most this is within the first few days after surgery.
- The morning after your procedure the thin transparent dressing will be removed in the office.

ACTIVITIES

- Do not drive for at least one week and are no longer taking narcotic pain medication.
- To avoid excessive swelling refrain from aerobic activity and sweating for the first week.

WOUND CARE

- After the dressing is removed you will apply aquaphor every 4-5 hours as needed to keep the skin moist and protected. You will continue to do this for the first week.
- The day after your procedure you may wash your face twice a day using light fingertip action and a mild cleanser. You may do this in the shower or sink using only tepid water. Gently pat your skin dry with a clean towel.
- After the first week you may substitute your regular moisturizer for the aquaphor.
- Any crusts or scabs should be allowed to shed off naturally. Do not pick or peel them off, as this may cause scarring.
- Any crusts that have not come off by the end of the first week can be loosened by applying a layer of K-Y ointment and allowing it to stay on for 20 min before you shower.
- Makeup can be used over the treated sites after 10 days. A loose or pressed powder mineral foundation is recommended.
- Do not apply any skin care products such as glycolic acid, hydroxy acid, skin bleaching creams or tretinoin (Retin-A) for 4 weeks.
- Protect your new skin from sunlight as much as practical for at least 6 months. Use a hat, sunglasses and sunscreen with a high SPF whenever outdoors.



HEDIEH A. STEFANACCI, M.D.
AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY

WHAT TO EXPECT

- Swelling can be dramatic and may last for 3-5 days.
- Itching is normal and a common complaint as patients heal. You may take over-the-counter Benadryl (25-50mg every 6 hours) as needed to control itching.
- Redness is expected and will gradually resolve. The degree and duration of redness is variable. Typical redness lasts from 1-3 months but prolonged redness from CO2 laser procedures can last up to 6 months.

WHEN TO CALL

- If you have increased pain that is not relieved by medication.
- If you have any side effects from the medications such as rash, nausea, vomiting or severe headache.
- If you have a temperature over 101 degrees.
- All patients are treated with preventative antiviral medication. Should an outbreak occur (herpes, cold sore, shingles) despite medication call the office immediately.

FOR MEDICAL QUESTIONS, PLEASE CALL:

- (559) 797-9000, Monday-Thursday 9 a.m. – 5 p.m. and Friday 9 a.m.-noon.
- After hours and on weekends call the office number and Dr. Stefanacci will be paged.



HEDIEH A. STEFANACCI, M.D.
AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY