



The following pre/post operations instructions serve as a reference guide to help you prepare for your surgery. Please call us with any questions 423-624-0021.

Facelift

Pre Operative Instructions:

- Avoid aspirin, ibuprophen (Advil, Alka Seltzer, etc.) or any drugs containing these compounds, or vitamin E and Fish oil
- Refrain from smoking two weeks before and two weeks after surgery
- Avoid sun damage two weeks before surgery
- Do not eat or drink anything including water after midnight the night before surgery
- Arrange for someone to take you home from surgery. You will not be allowed to leave alone
- Wash your hair and face the night before and the morning of surgery
- If you take blood pressure medication, take all doses of the medication
- Do not dye, bleach, cut or perm your hair one week before surgery. You may color your hair three weeks after surgery

Day of Surgery

- Wear clothing that fastens in the front or back. Avoid T-shirts and turtlenecks
- Leave your valuables at home
- Do not wear any facial or eye make-up
- You may wear your glasses, no contacts
- If you wear dentures, keep them in

Post Operative Care

- Keep bandages on until you are instructed to remove them or we do so in the office
- Avoid foods that require prolong chewing. Do consume small bites and a soft diet for three days
- Avoid extreme physical activity. Obtain more rest than you usually get and avoid exertion
- Do not bend, strain, or lift heavy objects for 3 weeks
- Do elevate your head and shoulders with chin straight forward for two weeks (day and night) to decrease swelling and improve circulation
- Do not touch your face with unwashed hands
- Do not use any cold or heat packs to the face



ASSOCIATES IN PLASTIC SURGERY

DRS. CHASE AND McCORD

- Swelling and discoloration is common. This is evident the first week and then it gradually decreases over time. The heavy swelling usually subsides between the second and fourth weeks. The sutures and or staples are removed at the Dr's discretion. Expect some numbness in your cheeks. If you feels little knots under your skin this is common and is due to little hemorrhages and will digest by your own cellular defenses.

Browlift/Blephoplasty (eye lids)

Pre Operative Instructions:

- Avoid aspirin, ibuprofen (Advil, Alka Seltzer, etc.) or any drugs containing these compounds, or vitamin E and Fish oil
- Refrain from smoking two weeks before and two weeks after surgery
- Do not eat or drink anything including water after midnight the night before surgery
- Arrange for someone to take you home from surgery. You will not be allowed to leave alone

Day of Surgery

- Wear clothing that fastens in the front or back. Avoid T-shirts and turtlenecks
- Leave your valuables at home
- Do not wear any facial or eye make-up
- You may wear you glasses, no contacts
- If you wear dentures, keep them in

Post Operative Care

- Your skin will feel tight for around 2 weeks, this is normal
- Do not use make-up on your incision site until 7-10 days post-op
- You may take a shower and wash your hair between 1-2 days post-op, using a gentle shampoo such as baby shampoo
- Avoid scratching and rubbing the incision site
- Staples or sutures will be removed around 7-10 days
- You may use a cool wash cloth to your eye area for the first 24 hours. Do not use ice packs
- If you are prescribed eye ointment apply it three times a day and use saline drops as needed.
- Do not use visine

Rhinoplasty (Nose)

Pre Operative Instructions

- Avoid aspirin, ibuprofen (Advil, Alka Seltzer, etc.) or any drugs containing these compounds, or vitamin E and Fish oil.
- Refrain from smoking two weeks before and two weeks after surgery
- Do not eat or drink anything including water after midnight the night before surgery
- Arrange for someone to take you home from surgery. You will not be allowed to leave alone.

Day of Surgery

- Wear clothing that fastens in the front or back. Avoid T-shirts and turtlenecks
- Leave your valuables at home
- Do not wear any facial or eye make-up
- You may wear your glasses, no contacts
- If you wear dentures, keep them in

Post Operative Instruction

- Keep head elevated (day and night) for one week
- Apply an ice pack for the first 12 hours
- Do Not remove the splint, it is removed at one week by the doctor.
- You may experience some nasal drainage for several days, and your nose may feel stuffy for awhile

Breast Reduction

Pre Operative Instructions

- Avoid aspirin, ibuprofen (Advil, Alka Seltzer, etc.) or any drugs containing these compounds, or vitamin E and Fish oil
- Refrain from smoking two weeks before and two weeks after surgery
- Do not eat or drink anything including water after midnight the night before surgery
- Arrange for someone to take you home from surgery. You will not be allowed to leave alone

Day of Surgery

- Wear clothing that fastens in the front or back. Avoid T-shirts and turtlenecks
- Leave your valuables at home
- Do not wear any facial or eye make-up
- You may wear your glasses, no contacts
- If you wear dentures, keep them in

Post Operative Instruction

- You will return in 3-7 days to have drains removed
- Keep your elbows by your side for the first few days, do not raise your elbows above shoulders for the first week
- Leave the Steri-strip on until you return to the office
- You may shower after 2 days, if you are wearing foam gauze then you may sponge bathe but do not shower
- No running, jogging or exercising for three weeks after surgery

Breast Augmentation and/or Breast Lift

Pre Operative Instructions

- Avoid aspirin, ibuprofen (Advil, Alka Seltzer, etc.) or any drugs containing these compounds, or vitamin E and Fish oil
- Refrain from smoking two weeks before and two weeks after surgery
- Do not eat or drink anything including water after midnight the night before surgery
- Arrange for someone to take you home from surgery. You will not be allowed to leave alone

Day of Surgery

- Wear clothing that fastens in the front or back. Avoid T-shirts and turtlenecks
- Leave your valuables at home
- Do not wear any facial or eye make-up
- You may wear you glasses, no contacts
- If you wear dentures, keep them in

Post Operative Instructions

- Keep your arms by your sides for the first three days
- Do not raise your arms above your shoulder during the first week, you may raise arms after one week
- No heavy lift over 10lbs, strenuous exercise, or sports for three weeks
- You may take a shower after three days
- Leave steri-strips on and they will be removed by Doctor
- If you are wearing the chest strap, wear this 24 hours until instructed otherwise

Liposuction

Pre Operative Instruction

- Avoid aspirin, ibuprofen (Advil, Alka Seltzer, etc.) or any drugs containing these compounds, or vitamin E and Fish oil
- Refrain from smoking two weeks before and two weeks after surgery
- Do not eat or drink anything including water after midnight the night before surgery
- Arrange for someone to take you home from surgery. You will not be allowed to leave alone

Day of Surgery

- Wear clothing that fastens in the front or back. Avoid T-shirts and turtlenecks
- Leave your valuables at home
- Do not wear any facial or eye make-up
- You may wear your glasses, no contacts
- If you wear dentures, keep them in

Post Operative Care

- Keep bandages on until you are instructed to remove them or we do so in the office
- A elastic binder or girdle is worn on the area for around three weeks (Surgeon will provide day of surgery)
- You will have Steri-strips on the incision
- If a clear plastic tape dressing is applied, do not disturb this
- You may shower over all Steri-strip and clear dressing in 2 days following surgery
- Avoid bouncing and stretching the areas for three weeks

Abdominoplasty

Pre Operative Instructions

- Avoid aspirin, ibuprofen (Advil, Alka Seltzer, etc.) or any drugs containing these compounds, or vitamin E and Fish oil
- Refrain from smoking two weeks before and two weeks after surgery
- Do not eat or drink anything including water after midnight the night before surgery
- Arrange for someone to take you home from surgery. You will not be allowed to leave alone

Day Of Surgery

- Wear clothing that fastens in the front or back. Avoid T-shirts and turtlenecks
- Leave your valuables at home
- Do not wear any facial or eye make-up



- You may wear your glasses, no contacts
- If you wear dentures, keep them in

Post Operative Care

- You will be wearing a binder or girdle, this is to be worn 24 hours a day for the first three weeks, you may wear a T-shirt underneath to keep the binder from irritating the skin
- If you have any gauze padding on the incision this may be discarded after the first couple of days
- If you have drain tubes in they will be removed in 5-7 days after surgery
- You will have steri-strip on the incision, this will be removed by the doctor
- You may take a shower after three days
- Do not take a tub bath
- We encourage you to sleep in a recliner or with pillows propped up under your legs to help keep a bend in your abdominal area
- You need to be active such as getting up and walking around every couple of hours during the day. This is to help prevent blood clots forming in the legs
- There will be numbness in your abdominal area, DO NOT use hot water, cold packs, or heating pads to this area. It can cause severe burns
- Avoid tanning beds on the area because of the numbness, this is also known to cause burns and "bad scars"
- If you do not see a procedure that you are having you will receive detailed information from the surgery center the day of surgery

If at anytime after surgery you are experiencing:

- Temperature of 101 degrees or higher
- Extreme swelling
- Significant wound drainage
- Inability to close the upper eye lids while sleeping
- Inability to urinate 8 hours after surgery...please call our office. 423-624-0021