



KONSTANTIN vasyukevich <sup>m.d.</sup>

facial PLASTIC & RECONSTRUCTIVE SURGEON

t. 212 380 3634

## PROCEDURE PREPARATION INSTRUCTIONS (LOCAL ANESTHESIA):

### ONE TO TWO WEEKS PRIOR TO YOUR PROCEDURE:

Discontinue all aspirin, naproxen, ibuprofen and other non-steroidal, anti-inflammatory over the counter medications. Other names for these products are Alive, Advil, Motrin, Ecotrin. It is okay to take Tylenol (acetaminophen). Blood thinners such as Plavix, Pradaxa or Coumadin should be discontinued ONLY after consulting your treating physician.

Discontinue food supplements such as Vitamin E, Fish oil, Omega 3. If you take multiple herbal medications we recommend stopping them before the procedure as a precaution to minimize postoperative bruising. You can continue taking multi vitamins such as "One A Day".

Remember to take your other prescription medications.  
We also recommend minimizing alcohol and smoking prior to the procedure.

### ONE DAY BEFORE THE PROCEDURE:

You may start taking herbal remedy called Arnica Montana. This medication was shown to minimize postoperative bruising after cosmetic facial procedures. Also, make sure you filled out your prescriptions for antibiotic and pain medication, but don't start taking these medications just yet.

### DAY OF THE PROCEDURE:

The morning of the procedure you should eat your regular breakfast. Remember to avoid coffee or any caffeine containing beverages. You should take your regular medications (except blood thinners) as [rescribed by your primary physician.

If you wear contact lenses, remove them the morning of surgery. Wear your glasses instead. Wear comfortable clothes that you would be able to throw away if they get stains. Do not put make up or wear jewelry. You may also bring a scarf or sunglasses with you to wear home.

### RIGHT BEFORE THE PROCEDURE:

You will carefully read and sign the consent forms. These forms will detail possible side effects of the procedure. Then, "Before" photographs will be taken and you will receive preoperative medications. Typical cosmetic procedure might take from one to three hours.

### AFTER THE PROCEDURE:

After completion of the procedure, you will still be under the influence of medications and feel sleepy. You would not be able to drive or take public transportation by yourself. Have a friend or a family member assist you with getting home. My staff will assist you in getting a car service.

### ONCE YOU GET HOME:

You should start taking pain medications and antibiotics. During the first day take pain medications as prescribed every four hours even if you do not have much discomfort. REMEMBER: prevention is the best pain management. Most people stop taking pain medications after the first two days.

Rest. You can perform light daily activities after the procedure, but do not engage in any strenuous activities or exercise.

### FOLLOW UP VISIT:

A follow up visit will be scheduled by the office staff. During the postoperative follow up visit surgical site will be examined, the dressing will be changed and further postoperative care instructions will be given to you.

### DO NOT HESITATE TO CONTACT US IF YOU HAVE QUESTIONS OR CONCERNS:

It is normal to feel a little nervous before the procedure. We encourage you to ask a lot of questions until you feel comfortable with your decision. Your feelings are important to us. This may be your first cosmetic surgery, but, remember, we helped great many patients to go through with this. We are there to provide you not only with medical care, but also with emotional support you need throughout your procedure and until full recovery.