



Colorado *Facial*
Plastic Surgery
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Creating Beautiful Faces

Aesthetics *by Design*
Creating Beautiful Skin

MINOR IN-OFFICE PROCEDURES

BEFORE THE PROCEDURE

- Patients need to discontinue ANY Aspirin products, and ALL anti-inflammatory medication (Motrin, Aleve or Advil) 2 weeks prior to your procedure. This will minimize any possible bruising.
- The following are the different types of prescriptions that our office will be prescribing for you prior to your procedure. Please make sure all allergies are updated with our office. If you choose to take any oral sedatives prior to the procedure please organize a driver.
 - Minimum of 3 days of antibiotics- 1 tablet taken 1 hour prior to procedure. Typically Augmentin.
 - Possible Ativan for anxiety, to relax the patient if needed. We prescribe 5 tablets- each tablet is 1 mg. Patient needs to take 1-2 tablets, 1 hour prior to procedure. Bring the remaining medication with you to your procedure.
 - Possible pain medication. We prescribe 5 tablets. Please bring your pain medication with you to the procedure.
- Make sure that someone will be driving you home from your procedure if you plan on taking any oral sedatives or narcotics prior to the procedure.

DURING THE PROCEDURE

- The procedure is performed in a minor procedure room.
- There will be some discomfort associated with injecting the local anesthetic, to numb the affected areas. After wards, you should not experience any pain.
- Some patients find it beneficial to take oral sedatives or narcotics prior to the procedure in order to help them relax. If you do take a narcotic or have sedation PRIOR to or AFTER the procedure, then you may NOT drive home. Notify our office if you wish to take oral sedatives.

AFTER THE PROCEDURE

- There will be a variable degree of swelling and bruising for up to 10 days after the procedure. Around the eyes and especially in older patients, this can migrate quite a distance away from the surgical site. Do not become alarmed.
- To help assist with bruising, pain or swelling, elevate the area and use cold compresses. Use the compresses 30 minutes on and 30 minutes off, for the first 24-36 hours. In order for you to elevate the head adequately, sleep on 2-3 pillows for the first 2-3 days.

- There will be minimal to moderate pain at most, after the procedure. It is well controlled with either pain medication or Tylenol.
- In most cases a sterile dressing will be applied. Leave this in place until your follow up appointment.
- Avoid getting the wound area wet the first 72 hours.
- Generally you may resume work the next day.
- Avoid straining and bending over, this may promote bleeding.
- On occasion, we will not apply a tape dressing, (for example wounds in hair bearing areas) in these case we apply Bacitracin.
- If there is no sterile dressing, please clean your sutures with a mixture of hydrogen peroxide and water. Then apply a light layer of bacitracin. Please clean the surgical site a minimum of twice daily.
- If the operated site is near the mouth, please eat a soft diet, and minimize talking and laughter for 3-4 days. These activities may result in excessive strain on the repair.
- At the first post op appointment, your dressings and sutures will be removed.
- Make your follow up appointment for 1 week following your procedure.
- After the sutures are removed, apply a topical antibiotic ointment to the wound 2-3 times daily for 2-3 days.
- After the 3rd day post suture removal, please apply Biocorneum to the scar. Twice daily.

If you have any questions or concerns, please call our office at 303-839-7980