



THE SPIEGEL CENTER  
ADVANCED FACIAL AESTHETICS

Congratulations! We look forward to working with you to prepare for your upcoming procedure and to continue your care for many years to come. Please use the following information to prepare for your big day. Of course, if you have any questions please contact our office immediately at 617-566-3223. We will be happy to review this information with you and make sure you are fully informed about your procedure and expectations.

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## PRE-OPERATIVE CHECK LIST

### SIX WEEKS BEFORE SURGERY:

- Arrange travel plans to Boston and accommodations. If you would like to stay in the hospital longer than one night please inform our office. Hotel accommodations are included in this packet. Please make sure your procedure date is confirmed with our office before purchasing any flights or booking any hotel accommodations.
- Quit smoking! Smoking can affect your recovery and result. If you are still smoking, stop today. Smoking reduces circulations to the skin and impedes healing. Smokers have a higher likelihood of wound healing complications, skin death, skin necrosis, or delayed healing. Failure to abstain from smoking may jeopardize the quality of your outcome.
- Set up an appointment with your primary care physician or endocrinologist to discuss your surgery and perform a history and physical. This appointment should take place within 30 days of surgery. All patients require a detailed medical history and physical as well as lab work prior to surgery. Our office will provide you with the forms to bring to your doctor's office with what specific labs are required based on your age, medical history, and the procedures scheduled. If you do not have this form please contact our office.
- Facial (including neck) electrolysis treatments should be postponed at this point and may be resumed 2 months following surgery. Laser treatments should be discontinued 6 weeks before surgery and resumed at least 6 weeks after surgery.

### FOUR WEEKS BEFORE SURGERY:

- Notify our office of any changes in your medical condition as this may interfere with your scheduled surgery (i.e. a cough, flu or cold symptoms).
- Surgical balances are due. Separate payments should be made to Anesthesia Associates of MA (anesthesia), the hospital (OR) and The Spiegel Center (provider). If you are uncertain about your remaining payments please contact our office and we will be happy to inform you of the various balances.
- Visit your doctor for your pre-operative exam. Remember to bring your paperwork with you and have them fax it to us upon completion at 617-566-3220.

### TWO WEEKS BEFORE SURGERY:

- **ALL hormones, including Spironolactone, must be discontinued without exception.**
- Purchase items on your shopping list. A suggested shopping list is provided on the next page.
- It is encouraged to begin taking 500 mg of Vitamin C twice daily to promote healing and well-being prior to surgery. A multi-vitamin is permitted; however, Vitamins should be limited since it can thin the blood.
- Advise our office of your travel plans and hotel arrangements.
- Arrange for an escort home if you are not staying overnight in the hospital. You are NOT permitted to leave the hospital without an escort if your surgery is outpatient/ambulatory. You are NOT permitted to drive home after any procedure in the operating room.
- Contact us if you would like to set up a private duty nurse for your hotel recovery.



### ONE WEEK BEFORE SURGERY:

- Note the medications to avoid listed in this packet carefully. These listed drugs can cause bleeding problems during surgery or after surgery. Instead, use medications containing acetaminophen (such as Tylenol). This includes alcohol.
- Prescriptions will be given to you at your pre-operative visit. Make sure these medications are filled prior to your procedure.
- Jot down any remaining questions to discuss with Dr. Spiegel prior to surgery.
- Our office or the hospital will confirm your arrival time and location the day before surgery. Please make sure our office has the best contact number for you while you will be in Boston.
- Please confirm your post-op visit date and time with our office.

### DAY OF SURGERY:

- Do not eat or drink ANYTHING after midnight. This includes gum, candy or water.
- You may brush your teeth but do not swallow any water.
- Bath prior to your arrival to the hospital; however, do not use any moisturizer, makeup or fragrance. Remove all jewelry and nail polish.
- Bring a change of clothes and photo id to the hospital. Leave any valuables at home or in your hotel safe. We suggest a shirt that is easy to get on & off – preferably with zip or button front.

## **PREPARING FOR YOUR PROCEDURE**

### PRE-OPERATIVE MEDICAL PREPARATIONS:

In the interest of maximizing the safety of your procedure, The Spiegel Center requires all patients to have a history and physical performed by their primary care physician (PCP or GP) within 30 days of the procedure. If surgical clearance is not obtained from the PCP following this examination further visits and examinations may be required in order to be cleared for surgery.

There are required pre-operative screening tests to measure your health status and confirm your appropriateness and candidacy for the procedure and optimize the safety of the procedure. A lab work request has been included in your pre-operative packet with a list of the labs required. These should all be completed between 30-14 days before surgery and be faxed to our office at 617-566-3220. If you have a question about these requirements or do not have the necessary paperwork please contact our office immediately at 617-566-3223.

### PRE-OPERATIVE VISIT AT THE SPIEGEL CENTER:

Dr. Spiegel asks that he sees patients at least one time within 30 days of the surgery to review patient questions and the surgical consent together. If you are unsure of when your visit with Dr. Spiegel is, please let our office know so we can confirm the date and time with you.

### TRANSPORTATION:

Patients are NOT permitted to travel home alone following procedures occurring in the operating room without exception. All patients having ambulatory (or day surgery) surgery will require an escort home. Patients staying overnight in the hospital can leave the following day without an escort although this is strongly discouraged.

**PRESCRIPTION MEDICATIONS:**

You will be given prescriptions for medications at your pre-operative visit. Please have them filled PRIOR to the day of surgery so you have them handy when you need them. All patients are provided with an antibiotic and pain medication following surgery. Patients with oral incisions will also receive a mouth rinse to keep incisions clean. Pain medication varies depending on patients' needs. Please alert our office of all medication allergies prior to your pre-operative visit.

**ITEMS TO AVOID:**

Stop taking medications containing aspirin or ibuprofen (Advil) one week prior to surgery. Review the list of drugs below carefully. Such drugs can cause bleeding problems during or after surgery. Instead, use medications containing acetaminophen (like Tylenol).

**MEDICATIONS TO AVOID:**

If you are taking any medications on this list, they should be discontinued 10-14 days prior to surgery and only Tylenol should be taken for pain. All other medications that you are currently taking must be specifically cleared by your doctor and our practice prior to surgery.

**Aspirin Medications to Avoid:**

4-way Cold Tabs	Azdone	Cortisone Medications	Isollyl Improved
5-Aminosalicylic Acid	Azulfidine products	Damason-P	Kaodene
Acetylsalicylic Acid	B-A-C	Darvon Compound-65	Lanorinal
Action	Backache Maximum	Darvon/ASA	Lortab ASA
Adprin-B products	Bayer products	Dipentum	Magan
Alka-Seltzer products	BC Powder	Disalcid	Magnaprin products
Amigesic	Bismatrol products	Doan's products	Magnesium Salicylate
Anacin products	Buffed	Dolobid	Magsal
Anexsia with Codeine	Buffered Aspirin	Dristan	Marnal
Argesic-SA	Bufferin products	Duragesic	Meprobamate
Arthra-G	Buffetts 111	Easprin	Mesalamine
Arthriten products	Butal/ASA/Caff	Ecotrin products	Methocarbamol
Arthritic	Butalbital Compound	Empirin products	Micrainin
Arthritis Foundation	Cama Arthritis Pain Reliever	Equagesic	Mobidin
Arthritis Pain Formula	Carisoprodol Compound	Excedrin products	Mobigesic
Arthropan	Cheracol	Fiorgen PF	Momentum
ASA	Choline Magnesium	Fiorinal products	Mono-Gesic
Ascriptin products	Choline Salicylate	Gelpirin	Night-Time Effervescent
Asocial	Circadian	Genprin	Norgesic products
Aspergum	Cold	Gensan	Norwich products
Asprimox products	Cope	Goody's ES Headache	Olsalazineq
Axotal		Halfprin products	Orphengesic products



Oxycodone	products	Sine-off	Triaminicin
Pabalate products	Propoxyphene Compound	Sinutab	Tricosal
P-A-C	Robaxisal	Sodium Salicylate	Trilisate
Pain Reliever Tabs	Rowasa	Sodol Compound	Trisalicylate
Panasal	Roxeprin	Soma Compound	Tussanil DH
PEntasa	Saleto products	St. Joseph Aspirin	Tussirex products
Percodan products	Salflex	Strength Relief	Ursinus-Inlay
Phenaphen/Codeine #3	Salicylate products	Sulfasalazine	Vanquish
Pink Bismuth	Salsalate	Suprax	Wesprin
Powders	Salsitab	Synalgos-DC	Willow Bark products
products	Scot-Tussin Original 5-	Talwin	Zorphin

Ibuprofen Medications to Avoid:

Actron	Feldene	Meclofenamate	Ocufen (ophthalmic)
Acular (ophthalmic)	Fenoprofen	Meclomen	Orudis products
Advil products	Flurbiprofen	Medfenamic products	Piroxicam
Aleve	Genpril	Menadol	Ponstel
Anaprox products	Haltran	Midol products	Profenal
Ansaid	IBU	Modomethacin products	RElafen
Arrival	Ibuprin	Motrin products	Rhinocaps
Cataflam	Ibuprofen	Nabumetone	Sine-Aid products
Clinoril	Ibuprohm	Nalfon products	Sulindac
Daypro	Indochron E-R	Naprelan	Suprofen
Diclofenac	Indocin products	Naprosyn products	Tolectin products
Dimetapp Sinus	Ketoprofen	Naprox X	Tolmetin
Dristan Sinus	Ketorolac	Naproxen	Toradol
Etodolac	Lodine	Nuprin	Voltaren

Other Medications to Avoid:

4-Way with Codeine	Dalteparin injection	Macrochantin	Sofarin
A.C.A.	Dicumerol	Mellaril	Soltice
A-A Compound	Dipyridamole	Mirada	Sparine
Accurtrim	Doxycycline	Opasal	Stelazine
Actifed	Emegrin	Pan-PAC	Sulfinpyrazone
Anexsia	Enoxaparin injection	Pentoxifylline	Tenuate
Anisindione	Flagyl	Persantine	Tenuate Dospan
Anturane	Fragmin injection	Phenylpropanolamine	Ticlid
Arthritis Bufferin	Furadantin	Prednisone	Ticlopidine
BC Tablets	Garlic	Protamine	Torazine
Children's Advil	Heparin	Pyrroxate	Trenton
Clinoril C	Hydrocortisone	Ru-Tuss	Ursinus
Contac	Isollyl	Salatin	Vibramycin
Coumadin	Lovenox injection	Sinex	Warfarin

Tricyclic Antidepressant Meds to Avoid:

Adapin	Doxepin	Limbitrol products	St. John's Wort
Amitriptyline	Elavil	Ludiomil	Surmontil
Amoxapine	Endep	Maprotiline	Tofranil
Anafranil	Etrafon products	Norpramin	Triavil
Asendin	Ginkgo Biloba	Nortriptyline	Trimipramine
Aventyl	Ginseng	Pamelor	Vitamin E
Avoid:	Herbal Medications to	Petrofina	Vivactil
Clomipramine	Imipramine	Portroptyline	
Desipramine	Janimine	Sinequan	

**SUGGESTED SHOPPING LIST:**

The following items are recommended for your recovery. Please purchase the following prior to your date of surgery. All items are available at your neighborhood drugstore.

You will receive your prescriptions for antibiotics, pain management and oral mouth rinse (if applicable) at your pre-operative appointment. We recommend having these prescriptions filled prior to your surgery.

**All Patients:**

- Flexible straws with large opening
- Gentle face cleanser like Cetaphil
- Neosporin or similar ointment
- Kleenex (tissues)
- Q-Tips
- Hydrogen peroxide
- 4x4 Tefla pads
- Thermometer (optional)
- Frozen peas or blueberries and Ziploc bags for icing

**Rhinoplasty Patients:**

Saline Nasal Spray

**Blepharoplasty Patients:**

Saline Eye drops (optional)

**Coblation/Resurfacing Patients:**

Vaseline

**WHAT TO BRING:**

- Comfortable walking shoes
- Comfortable clothes
- Scarf and sunglasses (for that celebrity “I-just-had surgery-look”)
- “Comforts of Home” – anything that will help you be comfortable during your stay in Boston...a favorite pillow, a computer, a favorite photo.



## **THE BIG DAY**

### **GOING TO THE OPERATING ROOM:**

Going to the operating room is not a normal experience for most of us. Dr. Spiegel and all the professional staff caring for you recognize the natural anxiety with which most patients approach this step in the process of achieving their goals. We believe a description of the experience will be helpful.

Your procedure will be performed in our state-of-the-art fully accredited operating suite. Dr. Spiegel will be performing surgery for you with assistance from his selected operating room nursing team, an anesthesiologist, and our residency trained facial plastic surgery fellow. You will have an opportunity to speak with Dr. Spiegel and the anesthesiologist prior to entering the operating room.

You will be asked to arrive 1.5-2.0 hours prior to your procedure. When you arrive at the operating suite you will check into the front desk and they may ask for identification so please have that handy. You will then be brought back into the prep area where you will change into a hat and gown. Dr. Spiegel and the anesthesiologist will meet you before entering the suite. This is a perfect time to ask any additional questions you have for Dr. Spiegel.

Once you are ready, the team will bring you into the operating room and the staff will do everything they can to make you feel secure. Then, just leave the rest to Dr. Spiegel!

### **THE RECOVERY ROOM:**

When the procedure has been completed and your dressings are in place you will be moved onto the post-anesthesia room (PACU). You will be monitored for about 30 minutes after surgery. During this period, fully trained recovery room personnel will take care of you and remain with you at all times. The staff in the recovery room are specially certified for cardiac life support.

Your stay in the PACU will likely be short, depending on how soon you are ready to leave. Most patients are fully awake within 30 minutes after surgery, but may not remember much about their stay in the recovery room.

If you are scheduled for day surgery you will be able to leave shortly after your procedure. You must arrange for someone to bring you to and drive you home following your procedure. Either a friend or family member must remain with you the first night after surgery because you will have been sedated. This is for your safety. If you are scheduled to stay overnight in the hospital you will be brought up to your private room once you are feeling well enough to leave the PACU.

## **GENERAL SURGICAL RISKS**

### **ABOUT RISKS:**

We want you to understand fully the risks involved in surgery so that you can make an informed decision. Although complications are rare, all surgeries have some degree of risks. All of us at THE SPIEGEL CENTER will use our expertise and knowledge to avoid complications as we are able. If a complication does occur, we will use those same skills in an attempt to solve the problem quickly. The importance of having a highly qualified medical team and the use of a certified facility cannot be overestimated.

In general, the least serious problems occur more often and the more serious problems occur rarely. Dr. Spiegel and his team will need you to cooperate in order to resolve any problems. Most complications involve an extension of the recovery period rather than any permanent effect on the final result.





## NORMAL SYMPTOMS

### SWELLING AND BRUISING:

Moderate swelling and bruising are normal after any surgery. Severe swelling and bruising may indicate bleeding or possible infection. Please alert our office ASAP if any swelling or bruising is severe and acute.

### DISCOMFORT AND PAIN:

Mild to moderate discomfort or pain is normal after any surgery. If the pain becomes severe and does not improve by pain medication, please call us at 617-566-3223 or after hours at 617-638-8000 page 4433.

### CRUSTING ALONG THE INCISION LINES:

We usually treat this with antibiotic ointment (like Neosporin) and for the nose, a nasal rinse. For excessively stubborn areas the incision can be cleaned with water with a small amount of hydrogen peroxide.

### NUMBNESS:

Small sensory nerves branches to the skin surface are interrupted when the incision is made by undermining of the skin during surgery. The sensation in those areas gradually returns — usually within 2 or 3 months as the nerve endings heal spontaneously. For some areas like the tip of the nose and around the mouth it may take a little longer.

### ITCHING:

Itching and occasional small shooting electrical sensation within the skin frequently occur as the nerve endings heal. Skin moisturizers, and massaging are frequently helpful. These symptoms are common during the recovery period.

### REDNESS OF SCARS:

All new scars are red, dark pink or purple. Scars on the face usually fade within 3 to 6 months but can be concealed 10 days after your procedure.

## COMMON RISKS:

### HEMATOMA:

Small collections of blood under the skin are usually allowed to absorb spontaneously. Larger hematomas may require aspiration, drainage, or even surgical removal to achieve the best result. If you think you are experiencing a hematoma please call our office immediately at 617-566-3223 or after hour's 617-638-8000 pager 4433.

### INFLAMMATION AND INFECTION:

A superficial infection may require an antibiotic ointment. Deeper infections are treated with antibiotics. Development of an abscess is rare and usually requires drainage.

**THICK, WIDE OR DEPRESSED SCARS:**

Abnormal scars may occur even though we have used the most modern cosmetic surgery techniques. Injection of steroids into the scars, or further surgery to correct the scars is occasionally necessary. Some areas of the body scar more than others, and some people scar more than others do. Your own history of scarring should give you some indication of what you can expect.

**WOUND SEPARATION OR DELAYED HEALING:**

Any incision, during the healing phase, may separate or heal unusually slow for a number of reasons. These include inflammation, infection, wound tension, a decrease in circulation, smoking or excess external pressure. If delayed healing occurs, the final outcome is usually not significantly affected, but secondary revision of the scar may be indicated.

**SENSITIVITY OR ALLERGY TO DRESSINGS OR TAPE:**

Occasionally, allergic or sensitivity reactions may occur from soaps, ointments, tape or sutures used during or after surgery. Such problems are unusual and are usually mild and easily treated. In extremely rare circumstances, allergic reactions can be severe and require aggressive treatment or even hospitalization.

**INCREASED RISKS FOR SMOKERS/NICOTINE USERS:**

Smokers/nicotine users have a greater chance of skin loss and poor healing because of decreased blood circulation. If you are currently smoking, STOP TODAY.

**INJURY TO DEEPER STRUCTURES:**

Blood vessels, nerves and muscles may be injured during surgery. The incidence of such injuries is rare.

**RARER COMPLICATIONS:**

If they are severe, any of the problems mentioned under common risks may significantly delay healing or necessitate further surgical procedures. Medical complications such as pulmonary embolism, severe allergic reactions to medications, cardiac arrhythmias, heart attack, and hyperthermia are rare but serious and life-threatening problems. Having a board-certified anesthesiologist present at your surgery reduces these risks as much as possible. (Failure to disclose all pertinent medical data prior to surgery may cause serious problems for you and the medical team during surgery.)

**UNSATISFACTORY RESULT & NEED FOR REVISIONAL SURGERY:**

All cosmetic surgery procedures are performed to improve a condition, a problem or appearance. While the procedures are performed with a very high probability of success, disappointments occur and results are not always acceptable to patients or the surgeon. Secondary procedures or treatment may be indicated. Rarely, problems may occur that are permanent.

**POOR RESULTS:**

Asymmetry, unhappiness with the result, poor healing, etc. may occur. Minimal differences are usually acceptable. Larger differences frequently require revision of surgery.



## **AFTER SURGERY INSTRUCTIONS**

### AT THE HOSPITAL

Immediately following surgery, you will wake up in the recovery room and will be quite groggy, this is very normal. If you are staying in the hospital you will be brought to your room after resting in the post-anesthesia area and your vital signs are stable. Patients staying in the hospital are typically brought to 8 East in the Newton Pavilion and are discharged the following day. The nurse's station telephone is 617-638-2800. Loved ones can use this number to confirm when a patient is settled into their room and ready for visitors and/or to check on a patient.

If you are being discharged on the same day as your surgery (ambulatory surgery) then you will be brought to the short-stay recovery room to relax until you are feeling well enough to leave with your escort. During your recovery if you feel ill or nauseous alert a nurse who can make you feel better with some medication or special care. You will be given some medication for pain and an antibiotic before you leave to ensure you are comfortable for your journey home. Prescriptions for some pain medication and antibiotics will be given to you or your escort prior to being discharged from the hospital.

Remember, you will not be discharged from the hospital without an escort home. A taxi driver or hired driver is not acceptable.

### AT HOME

The first days following surgery you are newly swollen, bruised, and sore – this to be expected. During the first 24 hours after surgery ice your face and treated area[s] as much as possible with ice-water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling. If you have a splint on your nose, cover the splint with some gauze prior to icing your face to keep the splint from getting damp.

An ace bandage will be placed around your face following surgery and should be kept on as tightly as possible for one week or until instructed otherwise by Dr. Spiegel. If this becomes irritating to the skin place a soft piece of cloth (i.e. a handkerchief) between your skin and the wrap to create a comfortable buffer. Some incisions will be jagged and irregular. This is done purposely so the incision will mimic natural lines of the face and become less noticeable over time. Straight lines on the face are more easily noticed and look unusual. Tightness and lumpiness around the face, jaw, and neck is common and simply takes time to settle. After one week gentle massaging can be applied to any lumpy areas to help address this problem. Do not pick or remove any scabs or crusting.

Bruising and swelling peak 2-3 days following surgery and will subside about 7-10 days later. Some swelling may be evident for several weeks after surgery; especially following augmentation or bone reconstruction surgery. However, any residual swelling lasting after 3 weeks will be quite small and not noticeable to others. If liposuction of the neck was done there may be some additional swelling and bruising to the neck and upper chin area-this is normal.

Many patients have difficulty with bowel movements in the days following surgery. We recommend having a stool softener, like Colace, available to use in this circumstance. A stool softener will simply make "going" more comfortable. We also suggest trying to include some fiber in your diet. Yogurt like Activa may help keep you regular and feeling more comfortable as well.



Lack of feeling or partial feeling near the treated area[s] is normal and will gradually improve with time. This may take up to one year although it usually takes about 6-8 months for full sensation to return.

You may experience light bleeding in or around the incision areas. This is normal and not worrisome.

However, if you find any hard, large collections of blood or excessive bleeding please alert our office as soon as possible. You can page the on-call doctor by calling 617-638-8000 and ask to page 4433—they will be able to reach our fellow and Dr. Spiegel immediately. If you have any new areas of fluid collections contact Dr. Spiegel as soon as possible.

You will likely be sent to our office (not the ER) for examination.

Follow your medication instructions carefully and consult your PCP regarding resuming any discontinued medications before doing so. Be sure to use your pain medication as instructed and substitute Extra-Strength Tylenol for your prescription pain medication as soon as you are comfortable doing so. However, your prescription pain medication and Tylenol should not be taken at the same time. Pain medication is generally not needed after one week. Communicate with our office regarding any questions or a problem you may experience with your pain medication – our goal is for you to be comfortable.

Button-down shirts or zip sweaters/sweatshirts are ideal following surgery to avoid pulling on the incisions. Do not drive while taking prescription pain medication.

Many patients will go through a period of having second thoughts about the procedure they have done doubting the final outcome. These emotions are normal and part of the healing process. Try to keep a positive outlook and it will help you tremendously!

#### KEEPING IT CLEAN

Once a day remove the ace wrap around your head and clean the incisions carefully using a gentle cleanser, such as Cetaphil. Simply dampen a cotton-swab and apply a tiny amount of cleanser to the face. Use the cotton-swab to dab at the incisions and wash away any areas of blood or dirt. Rinse your face as you normally would. After cleaning the areas, apply Neosporin to keep the area clean and moist—this will encourage the incisions to heal and the stitches to dissolve faster. Remember, never to pull away from the incisions. Stubborn areas to clean can be remedied with a mixture of water with a small amount of hydrogen peroxide or a diluted hydrogen peroxide pad. Please, be gentle! After cleaning, cover the incisions with gauze and rewrap the ace wrap as tight as comfortably possible.

Keeping the incision areas as clean as possible will not only help you feel and look better faster, it will also help us remove your sutures more easily. You may shower 24 hours following surgery. Baths are acceptable; however, avoid soaking any of the treated areas in water. Your incisions can get wet but should not be soaked for long periods of time. A mild shampoo like Johnson & Johnson's baby shampoo is best. Do not bend over to wash your hair, instead, gently lean head backward to scrub and rise. Remember to always scrub TOWARDS your incisions. Do not pull at these incisions.

#### DO'S AND DON'TS

During the first week after surgery you should rest at home/hotel as much as possible. You also should not be moving your head around or bending down at the waist for the first few days after surgery—this is to minimize rushing blood to the area. Instead, bend at the knees and/or turn your entire body if necessary. Keep your head elevated at all times. When sleeping, use two pillows to prop up your head and support your neck. It is not necessary to sleep at a 90-degree angle but keeping your head above your heart is best. Do not sleep on your side for one week and if necessary, place pillows on the side your face to prohibit yourself from turning your face while sleeping.



Many patients are anxious to get back to work or communicate from their laptop.

While we understand the demands of work and life, we strongly suggest rest and relaxation for two weeks following surgery – especially the first week following surgery.

Providing your body ample time to recover will help you heal faster in the long run –that means physical, emotional, and mental relaxation! Short walks a few days following surgery are encouraged, but please have an escort with you the first couple of trips. Any physical activity that raises your blood pressure or causes sweating is prohibited for two weeks and should be resumed with caution.

Avoid excessive chewing by consuming soft foods like fruit shakes, yogurt, soup, eggs, and pudding following surgery. Minimize your facial movements (i.e. talking, turning your head) as much as possible to allow the skin and tissue to heal properly.

Do not use hot hair rollers or get your hair cut or colored for six weeks.

Avoid sun exposure to the surgical area for six weeks and use sunscreen on incisions for at least one year. This will help improve the quality of the scar and help it fade over time.

Traveling is permitted after one week. However, it is important to receive help carrying any heavy luggage.

After two weeks most patients feel they look presentable and return back to work around this time. Please do not wear any earrings for three weeks to avoid any pulling in the ear area.

After two weeks you may resume: driving, sedentary work, and light exercise like slow walking or using an exercise bike. Intense exercise (running, Pilates, elliptical) can be resumed at least 4 weeks following surgery.

Yoga, especially upside-down poses, should be avoided for at least 8-10 weeks.

In the first two weeks after your procedure, despite how great you feel, do not do much - do not reorganize your closet, do not clean, or go for a run. Take it easy and let your body heal. That is the most important thing you can do.

Most patients find soft foods like soup, eggs, pudding, bananas, avocados and applesauce to be most comfortable following surgery and many options don't require refrigeration. Which is very convenient for those staying at hotels. We recommend avoiding products that may feel "flemmy" or chalky like some dairy products (for example, milkshakes) and protein shakes. There are also a number of take-out and delivery options from any of the local hotels. Many hotels offer mini-fridges and/or microwaves upon request.

**Most importantly, DO stay positive during your recovery. Recovery following surgery is a difficult time – physically and mentally – but keep your spirits up and the rest will come with some time. You will do great!**

Contact our office prior to scheduling any dental work following surgery.

### AS YOU CONTINUE TO HEAL

Plastic surgery is a tool to help you look and feel better about yourself. It is not intended to make you look like what others want you to be. After all, plastic surgery does not change your appearance rather it enhances it. Many other people even the ones that are close to you might not note the change but you definitely will. To obtain the best results from plastic surgery you have to have realistic expectations and have to have thought about the procedure for a while and not do it as a spur of the moment decision.



## FAMILY & FRIENDS

Support from the family and friends is very helpful, but because they may not understand what constitutes a normal postoperative course, their comments may unintentionally create emotional turmoil for you. We will tell you honestly how you are doing and what we expect your result to be. Please trust in our knowledge and experience when we discuss your progress with you.

Although plastic surgery has certainly “come out of the closet” in the past years, your friends may still be reluctant to bring up and discuss what they believe is a private matter. Patients occasionally feel upset that “no one noticed” or “said anything.” If you feel comfortable discussing your surgical experience, do so openly. When people ask how you are, feel free to respond by saying, “I feel wonderful. I just had surgery and I’m recovering.” This lets people know that they may talk freely with you. Often when patients are open, they find that their friends and acquaintances are very interested in discussing the subject.

## DEPRESSION

Quite frequently patients experience a brief period of “let-down” or depression after surgery. Some may subconsciously have expected to feel and look better “instantly”, even though they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery.

As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a “natural” phase of the healing process may help you to cope with this emotional state.

## HEALING

Everyone has the capacity to heal themselves to one degree or another. Clearly this ability is variable and depends upon a number of factors such as your genetic background, your overall state of health and lifestyle (exercise, diet, smoking, drinking, etc.)

Many people believe that the surgery “heals” the patient. No one person can make another heal. Dr. Spiegel can facilitate the healing process but your cooperation and close attention is extremely important and in your best interest. Following the recommendations in this booklet and that Dr. Spiegel provides verbally will help in the healing process and obtaining the best results possible.



## TREATING YOUR SKIN

The quality of your skin can greatly affect your result. Beautiful, glowing skin can enhance your results tremendously. Dull, dry and wrinkled skin can distract from a fabulous result.

Dr. Spiegel believes that one of the most important parts of preparing for your procedure is getting your skin as healthy and beautiful as possible. At THE SPIEGEL CENTER we strive to provide our patients with the best. We also believe in science. That is why we have chosen to provide our patients with the elite SkinMedica skincare line. This beautiful and luxurious line offers the best in scientifically proven results in a targeted approach to renewing and awakening your most beautiful skin.

Ask our office about the GRASS approach to skin health and what products will provide you with the best skin of your life and prepare you for your big day!

Growth factors Retinol Antioxidants Sunscreen Specialty

Many patients also benefit from Arnica, an herbal supplement, taken prior to the procedure and continued for 7-14 days. Arnica can help reduce excess bruising and swelling.

You may wash your face gently following surgery however; moisturizing or makeup application is strongly discouraged. After one week, you may apply makeup to camouflage any bruising if necessary. We offer a wonderful concealer by Jane Iredale that is an excellent full coverage concealer. Do not apply makeup to incision areas for 10 days. If you'd like, you can apply ointment, like Neosporin, to the incision areas except for neck incisions (as applicable).

If you are going outside, you should use a sunscreen with an SPF of 15 or higher. A higher SPF should be used on your scars to help reduce their visibility as much as possible. Electrolysis, laser treatments, facials or any other skin treatments should be avoided for two months. Products containing Retin-A, Renova, Vitamin E, glycolic or alpha-hydroxy acid should be avoided for three months.

Through innovative solutions and extraordinary care, we provide the best results and highest quality experience in the world.

**BE YOUR TRUE SELF!**



## **SPECIAL INSTRUCTIONS BY PROCEDURE**

### **CHEEK AUGMENTATION**

#### **Medications:**

Be sure to take your antibiotics until they run out. This is especially important with the placement of implants.

#### **Keeping It Clean:**

All oral incisions will require a mouthwash to be used regularly following surgery to keep the mouth as clean as possible. You'll simply need to "swish" once or twice a day. You are free to brush your teeth as soon as you are feeling up to it – usually 48-72 hours after surgery.

### **CHIN SHAPING AND AUGMENTATION**

#### **Medications:**

Be sure to take your antibiotics until they run out. This is especially important with the placement of implants.

#### **Keeping It Clean:**

All oral incisions will require a mouthwash to be used regularly following surgery to keep the mouth as clean as possible. You'll simply need to "swish" once or twice a day. You are free to brush your teeth as soon as you are feeling up to it – usually 48-72 hours after surgery.

### **FOREHEAD SURGERY**

#### ***At the Hospital:***

It is common and expected for your eyes to swell shut following the forehead surgery. While this is uncomfortable and off-putting resist the temptation to panic. This swelling is completely normal and will resolve after the first 24-36 hours. Time and some ice are the best things for it.

#### ***At Home:***

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Most patients experience the majority of their bruising in the corners of their eyes and brow area. Generally patients feel comfortable returning to work after 2-3 weeks.

Lack of feeling or partial feeling in the scalp and face is normal and will gradually improve with time, generally 6-12 months after surgery.

DO NOT blow your nose for at least two weeks after surgery. Try to keep sneezing to a minimum and sneeze as "gently" as possible.

#### ***Medications***

Hormones may be resumed when you are able to move around regularly and comfortably— usually 5-6 days after surgery.

### **LIP LIFT SURGERY**

#### ***At Home:***

It is very common for patients to experience significant swelling in their lips following a lift and/or augmentation. Be patient - this swelling WILL go away.





## MANDIBLE SURGERY

### *At Home:*

Lack of feeling or partial feeling in the face, chin, neck and jaw is normal and will gradually improve with time. Lumpiness and swelling can linger for many months following this surgery. Massage will help alleviate some swelling and time will take care of the rest.

### *Keeping It Clean:*

All oral incisions will require a mouthwash to be used regularly following surgery to keep the mouth as clean as possible. You'll simply need to "swish" once or twice a day. You are free to brush your teeth as soon as you are feeling up to it – usually 48-72 hours after surgery.

## NASAL SURGERY

### *At Home:*

It is common to experience some draining of mucus or blood in your throat after surgery—this is from the incisions in your nose. DO NOT blow your nose during the first week post-op. Instead, use the nasal saline spray to gently irrigate (clean out) the nose a few times a day. Following surgery patients experience difficulty breathing through their nose due to its stuffiness and post-operative pressure. You will need to resort to breathing through your mouth for one week. Using Chapstick and drinking plenty of water will help you avoid chapped lips and keep your mouth comfortable during this time. You can gently clean the area with nasal spray and Q-Tips but again, do not blow your nose to clear this—that may result in disrupting the stitches and incision area.

## OTOPLASTY SURGERY

### *At Home:*

An ace bandage or headband should be worn 24 hours a day until your first post-operative visit with Dr. Spiegel or for 2 weeks – whatever comes first.

## SKIN RESURFACING

### *At Home:*

The first days following surgery your skin will be very red and tender-it is to be expected.

Keep the resurfaced areas clean using a gentle cleanser, such as Cetaphil, and apply a thin layer of Vaseline or Aquaphor over the area to keep it moist at all times. The skin may crack and you may experience light bleeding or tightness in or around the treated areas. This is normal and not worrisome. Do not pick at or remove any scabs or crusting. Please contact our office for a prescription for an anti-viral medication prior to surgery.

## TRACHEA SHAVE

### *At Home:*

It is common for the trachea incision to appear low following surgery. This is due to the swelling and the incision area will rise up once the swelling has dissipated.

Some patients have experienced a sore or scratchy throat following surgery and this resolves itself in 3-4 days. The trachea shave incision does not require any additional care other than basic daily cleaning. Bacitracin ointment should NOT be used on this incision. A special glue is normally used to secure the incision and will heal beautifully without any additional care following the surgery.

