

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

Surgery Scheduling Assistant for Dr. Tenenbaum	Carol – 314-996-3040
Surgery Scheduling Assistant for Dr. Myckatyn	Michelle - 314-996-3028
Cosmetic Patient Concierge	Kristi – 314-996-8133
West County Plastic Surgeons Nursing Line	314-996-3201
General Questions and Office Appointments	314-996-8800 Option 2

Surgery DAY/TIME : _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedures.

FACIAL IMPLANTS

BEFORE SURGERY

SIX WEEKS BEFORE SURGERY:

1. **Smoking affects healing.** Please **try to stop smoking or ANY nicotine products for at least 6 weeks before surgery and one month after.** If needed, we can prescribe Chantix to help you quit.
2. **Good nutrition can help optimize wound healing and speed your recovery from plastic surgery.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.

TWO WEEKS BEFORE SURGERY:

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed **“Medication and Supplement Alert List”** and let us know if you take any of them. For example,

garlic and **ginseng** can cause **bleeding** even though they are homeopathic remedies and not true medicines. So please stop taking these, and any other non-prescription herbal medicines for two weeks before surgery. Also, **Aspirin** or **Plavix** should not be taken for 2 weeks before or for 2 days after surgery. **If you take these medicines for a pre-existing history of cardiac stents, stroke, clotting disorder, or other risk factors please let us know so we can work with your cardiologist or internist to ensure that eyelid surgery can be conducted safely.** Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.

2. If you develop a cold, facial sore, or any other illness prior to surgery, please notify us.
3. After cheek implant surgery, your eyes may be swollen, sensitive to light, bruised, and tearing. So, you should:
 - a) make sure in advance that you have taken care of any urgent personal matters like banking, and groceries
 - b) have either a recliner, or a stack of comfortable pillows that you can rest on to keep your head elevated about 30° while you sleep
 - c) have a bag of cold peas, or a **“swiss therapy eye mask compress”** to sooth and reduce swelling of the eyelids after surgery.

EVENING BEFORE SURGERY:

1. Get a good night’s rest.
2. Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast no later than 8 hours before your scheduled surgery time. **DO NOT SMOKE.**

DAY OF SURGERY

Arrive @: _____

1. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops and remove all body piercing jewelry from all locations.
2. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home.

AFTER SURGERY

1. Positioning. After surgery, it is best to lie in a reclining chair. Alternatively, you may lie in bed with your shoulders elevated by pillows while keeping your neck straight. Avoid bending forward or turning side-to-side at the neck for the first week.
2. Reduce swelling. "Swiss therapy eye mask compress" or, alternatively, a cool compress that can be kept cold with a bag of cold peas or a bag of crushed eye cubes can be placed on your closed eyelids to reduce swelling.
3. Preventing dry eyes. You may not be able to fully close your eyes due to swelling for a few days after surgery. Typically, we will use eye drops and ointments to prevent your eyes from drying out. During the day, this may include *Refresh Dry Eye Therapy (Sensitive Eyes, Preservative Free soothing eye drops)*, and while you sleep, *Refresh P.M.* ointment. On rare occasions, eyelids are sutured to protect and keep the eye closed for a day or two as an additional measure.
4. Downward or altered position of the lower eyelid after cheek implant surgery. The lower eyelid position can be down compared to preoperatively for several weeks or even months after cheek implant surgery. To minimize this, we may perform a procedure called a *canthopexy* or a *canthoplasty* to reposition the lower eyelid in a higher position. Occasionally, you may be able to feel a bump in the outside corner of the eye socket that is the knot from this stitch. It will dissolve in time. This procedure is sometimes combined with *taping* of the lower eyelid and in some instances, placement of a stitch in the lower eyelid to help pull it up for a few days. In the uncommon even where this temporary lower eyelid stitch is used, please be prepared that your eye will be closed for the day or two that it is in. This temporary stitch is called a *Frost* or *tarsorrhaphy* stitch.
5. Early activity. For the first two weeks after surgery, please avoid any type of straining. You should get out of bed with assistance if this causes you to strain. Easy walking after surgery is a good thing, and while you are in bed, flex your feet and legs a couple of times every hour while you are awake to improve circulation and reduce the risk of blood clots from immobility.
6. Strenuous activities should be avoided for 2 weeks. After that, gradually increase your activities so you are back to normal by the end of the third week.
7. Pain control. If you have pain or discomfort take the pain medication every 4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.
8. Sun exposure and sunscreen. The skin of your face is sensitive to sunlight after surgery. Protect your facial skin from excessive exposure to the sun for 8 weeks.

Wear wide brim hats and sunscreen (SPF 30 or greater) if you have to be in the sun for prolonged periods. Excellent sunscreen options are offered through our various skin care lines.

9. Diet. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.

RETURNING TO WORK

1. Working from home : Less than 1 week.
2. Desk job : 1-3 weeks
3. Up on your feet a lot : 2-3 weeks
4. Manual labor : 2-4 weeks

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 6 weeks.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least SPF 15 for the next 6 months. Excellent sunscreen options are offered through our various skin care lines.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication. For many patients follow-up includes:

- a) Follow-up within 1 week with our Nurses to pull drains, check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3 weeks, 3 months and 1 year and to address any concerns