



GENERAL POST OPERATIVE INSTRUCTIONS

- A high protein, low carbohydrate and low sodium diet is best for several days. Soft food is preferable with a facelift/necklift, or Rhinoplasty. With a facelift/necklift the jaw line will feel tight/ache from the muscle tightening during surgery. It is best to avoid chewing with a Rhinoplasty to prevent excess swelling (Examples: hard boiled eggs, cottage cheese, yogurt, ensure, protein shakes, etc.).
- ****Rest with head and shoulders elevated on two or three pillows, and on your back for the first week.****-In doing this it is often times helpful to place a pillow under each arm to ensure you will maintain on your back throughout the night.
- Icing after surgery is a great way to alleviate discomfort and bring down swelling. You may ice for 20 minutes on and 20 minutes off. Please remember to keep a barrier (such as gauze) between your skin and the ice to avoid a contact burn. ****After a fat transfer you may only ice for up to 48 hours****
- Take two Tylenol every six hours as needed for discomfort, or use the pain pills only for discomfort not controlled by the Tylenol. Do not take Tylenol and you're your pain medication together. The prescribed strong pain pills are effective for pain; they can also cause nausea and constipation.
- Remember to eat something prior to taking your prescribed pain medication. This will help to prevent nausea (eat 10-15 minutes before taking your medication).
- Colace (an over the counter stool softener) may be used to help alleviate constipation related to the pain medication.
- Take your antibiotics as directed until the bottle is empty (it is best to eat prior to taking your antibiotics.)
- You may resume driving after two or three days, if you feel comfortable and alert. You may not drive if you are taking narcotic pain medicines.
- ****Non-strenuous activity is allowed. Walking is allowed. Tennis, swimming, jogging, and golf are not permitted for four weeks. You may return to your normal exercise habits after four weeks.****
- Appointments will be made to be seen the day after surgery, one week, and one month after surgery, 3 months, 6 months, and one year to ensure you are healing properly. You are welcome to return to our office after surgery at no charge if you have questions or concerns. Please call for an appointment.
- Do not hesitate to call with any questions.

Dr. Karam's contact information:

Carmel Valley Facial Plastic Surgery: 858-259-3223

Dr. Amir Karam's Cell: 858-353-9885

Dr. Amir Karam's Home: 858-356-9291

