

Harold D. Clavin M.D. F.A.C.S
GENERAL INSTRUCTIONS FOR SURGERY

1. If you do not live in Los Angeles or the vicinity, plan on staying in the area for a minimum of one week following surgery. This office will be happy to arrange accommodations for out-of-town patients, if desired. Comfortable aftercare facilities or private duty nurses are available.
2. If you have any medical conditions or problems with the heart, blood pressure, clotting system, liver, stomach, or eyes, please bring us written clearance for surgery from your personal physician and have your records transferred to this office.
3. Arrange transportation home from the office or hospital with a friend or relative. Be sure they have a comfortable car with a reclining front seat or the ability for you to lie down in the back. Bring a pillow and a blanket in the car and be sure you have no more than a 30 minute ride home.
4. **DO NOT BE ALONE FOR THE FIRST 24 TO 48 HOURS. NO EXCEPTIONS.**
5. If you have a cold or for any other reason wish to cancel surgery, be sure to notify Doctor Clavin's office at (310) 829-5977 at least 48 hours in advance.
6. **Certain drugs and dietary health supplements have been known to possibly cause reactions with anesthesia and clotting**, and should be discontinued 2 weeks prior to surgery, ex. Fen/Phen, St. John's Wort, Nardil, and other MAO inhibitors. **Please discontinue all use of any over the counter supplements 2 weeks before surgery, other than a simple multivitamin and any medications recommended by Dr. Clavin.**
7. **ABSOLUTELY NO ASPIRIN**, aspirin-containing medications, nonsteriodals or anti-inflammatory drugs should be taken for **2 weeks** before and **1 week** after surgery. (Examples: Alka Seltzer, Anacin, Bufferin, Exedrin, Empirin Compound, and many "cold pills"). **Stop taking garlic, ginger, ginkgo, ginseng, vitamins B, C, and E.** Do not use fish oil concentrates for 2-3 months before your surgery; they may increase chances of bleeding.
8. **ABSOLUTELY NO FOOD**, liquids or water 6 hours before scheduled surgery except to swallow a pill, if directed.
9. Dr. Clavin recommends the use of PED hose for patients undergoing surgery of 4 hours or more; PED hoses can be purchased at most pharmacies.
10. Shower the evening before, and if possible, the morning of surgery, including shampoo.
11. Do not wear any jewelry or cosmetics on the day of surgery.
12. Wear clothes that are easy to take off and put on, such as a button up shirt.
13. After surgery avoid heavy meals for the first 24 hours, clear liquids and a soft diet are best.
14. Avoid prolonged sun exposure to the operative area for 2 weeks prior to surgery and 6 weeks after surgery.
15. Avoid exercise, bending, straining, stooping, or lifting any heavy objects for 2 weeks after surgery, otherwise bleeding may start from the incisions.
16. Keep all exposed stitches clean 3 times a day with Q-Tips and ointment (baby oil, mineral oil, or Vaseline).
17. Any eye irritation may be treated with artificial tears, boric acid ointment, or lacrilube ointment (applied in the eye) as often as needed.
18. Have a bottle of Betadine solution handy after surgery .it helps speed healing.
19. If there is any unusual swelling, pain, redness, bleeding, or drainage at the surgical area, do not hesitate to call Dr. Clavin day, night, or weekend. A false alarm is better than a postoperative complication left unattended.

Patient: _____

Date: _____

Witness: _____

Date: _____

Parent or Guardian: _____

Date: _____

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Patient Pre-Operative Checklist

- Pick up the prescribed medications and homeopathics
- **Absolutely no aspirin** 2 weeks before and 1 week after surgery
- No smoking 2 weeks before and after surgery
- **Absolutely no food** or drink 6 hours before surgery (unless needed to swallow a pill)
- Please stop the use of any herbal medications or vitamins which are not recommended by Dr. Clavin such as Fish Oils, Phen/Fen, St. John's Wort, Nardil, and other MAO inhibitors at least two weeks before surgery.
- Arrange to have a ride home from surgery - no taxi!
- Must have someone stay with you for the first 24 hours following surgery
- Make arrangements for an Aftercare facility if recommended
- Pre-Authorization from insurance company (if pertinent to surgery)
- Payment is required in full at least 3 weeks prior to surgery

** Please call the office if you have any additional questions

HOMEOPATHIC REMEDIES

Homeopathy - A therapeutic system developed by Samuel Hahnemann based on laws of “similaris.” The premise is let “likes” be cured by “likes.”

More and more people are depending on homeopathic remedies as an alternative way of healing. Whether from the flu to surgery, these remedies have proven to give relief from many symptoms and physical problems.

We have used many of these remedies in the office and would like to make you aware of a few that we highly recommend to assist you in your healing process:

ARNICA - 30X. Used to help reduce swelling and bruising
Take 4 tablets 4 times a day (16 tablets/day)

This homeopathic remedy has helped to reduce bruising and swelling in many of our patients by as much as one half. It comes in two strengths 30X and 200X, however we recommend the 30X. You may start taking it 4 days before surgery and continue for 2 weeks after.

BROMELAIN - 500mg Prevents swelling, inflammation, and bruising.
Take 2 tablets 3 times a day in between meals.

Bromelain breaks down debris and detoxifies the body. Since this detoxifies the body, you should drink plenty of water while taking this remedy. Start four days prior to surgery and continue until all bruising is gone.

For women who are antibiotic sensitive and often develop a secondary yeast infection as a result of taking antibiotics, there is a wonderful product that helps restore the “friendly floras” found naturally in the intestines. Oftentimes taking an antibiotic destroys this flora, and you can replace it with acidophilus. It can be purchased in pill or liquid form - both forms must be refrigerated. We recommend Jarro-dophilus. This is to be taken every day, twice a day as long as you are on antibiotics. (if you are yeast prone, you may want to take this product once daily all the time)

One more word about homeopathics... try not to touch the pill directly, instead tip them out into the cap and then from the cap to your mouth. They are to be taken under the tongue and dissolved (they taste wonderful)

The Clavin Center for Cosmetic Plastic Surgery

Harold D. Clavin, M.D., F.A.C.S., Director

NASAL SURGERY (RHINOPLASTY)

1. Patients go home from Dr. Clavin's office with no packing in their nose. This allows the patient to be much more comfortable during the first post operative week.
2. You can expect drainage and some blood coming from the nostrils for the first week after surgery, particularly the first 24 hours. Change the gauze dressing under your nose every hour if necessary. After 24 hours, this dressing may be discarded.
3. It is very important to keep your nostrils clean, blood free and moist. This is done by immediately cleaning the nostrils after the gauze dressing is removed from under the nose. Clean the nostrils with a Q-tip and Vaseline, mineral oil, or even peroxide. Spray your nose regularly with Ayr or Ocean Solution and use an ultrasonic humidifier every night.
4. The splint and tape on top of your nose usually remain in place for 5 days.
5. Avoid blowing your nose for 7 days after surgery.
6. You can expect swelling and bruising to last about the eyes and nose for about one week. This can be minimized by using a washcloth or gauze sponges soaked in ice water, wrung out well and applied over eyes for the first 24 hours. Cold compress masks are also available at most drugstores.
7. Avoid exercise, bending, straining, stooping, or lifting any heavy objects for one week following surgery. Otherwise, bleeding may start from the nose.
8. It is best to rest and sleep with your head elevated on at least two pillows
9. Some numbness may be noted in the upper lip and over the tip of the nose for a period of three months.
10. It may take as long as one year for all the swelling about the nose, particularly the tip, to disappear, however, your nose will look immediately improved in appearance when the splint is removed.
11. Avoid resting heavy glasses on the nose for three weeks. Use tape to support heavy glasses from your forehead.
12. Avoid contact sports or other activities that may result in trauma to the nose for six weeks.
13. Plan to take 3 to 7 days off from work or school.
14. Patients may take showers starting the day after surgery. You may wash your hair and face as usual. However, be careful around the nasal area. Try to get the least amount of water possible on the splint.
15. Very occasionally, a secondary minor nasal operation may be indicated for additional corrections. This is never considered until one year following the initial surgery. Costs involved are handled at reduced rates.

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EYELID SURGERY (BLEPHAROPLASTY) SPECIAL INSTRUCTIONS AND COMMENTS

1. After Surgery - sleep and rest with your head elevated on at least two pillows.
2. Swelling and discoloration are to be expected around the eyes for one week.
3. Do not be alarmed by small amounts of blood that may ooze from the incisions during the first 24 hours.
4. No Harm will be done to eyes if you wish to read or watch television after the first 24 hours.
5. For the first 24 hours apply compresses to both eyes using a washcloth or gauze sponges placed in ice water and wrung out well. Ice in a rubber glove also works well. This will relieve itching, if it occurs.
6. If the eyes feel irritated, artificial tears, found in drugstores, may be used if necessary. However, Lacri-Lube Ointment, or it's generic equivalent, is far superior for any type of eye irritation. This can be purchased in any drugstore in a small tube that can be squeezed directly into the eye at night to relieve significant itching, irritation, or dryness.
7. Bring a pair of sunglasses with you the day of surgery.
8. If you experience any sudden onset of pain in one or both eyes, accompanied by increased swelling of the eyelids or eyeball, contact Dr. Clavin immediately.
9. Makeup may be applied to the eyelids two days after sutures are removed.
10. Avoid taking a shower for 24 hours. After that period, you may wash or shower as desired. Water may run directly over sutures.
11. Plan to take three to seven days off from work to convalesce.
12. The incisions about the eyelids may remain somewhat firm, bumpy, and red for several months, then eventually fade and become much less conspicuous.
13. Be sure and apply an oil or ointment to all sutures three times a day using Q-tips or the tips of your fingers. Good ointments include Lacri-Lube, Vaseline, mineral oil or polysporin ointment.

3. Convalescence

The recovery period from suction lipectomy is amazingly fast especially with the new tumescent technique. Even when large amounts of fat are removed, the patient usually feels quite well within one to three days. Patients are usually able to go back to work within three days or less. Binders should be worn most of the time for the first few weeks. Pain is usually minimal and handled easily with a few pain and sleeping pills. Bruises last for up to two weeks. Makeup may be used to cover black and blue areas, if desired. Swelling and some irregularities may last up to three months -- so be patient. Most individuals, however, after one week begin to notice the very exciting results achieved. With proper binders in position, you may begin walking, along with limited exercises almost immediately. Showers may be taken starting the first day after surgery.

4. Age

The age of patients treated has expanded tremendously in recent years. Originally reserved for the younger person, suction is now performed on patients of all ages -- from teenagers to people in their seventies. Most people in good health can have fat removed by suction. However, the final decision must rest between yourself and the plastic surgeon. Dr. Clavin reviews the desires of every patient, and he in turn will determine whether you are a potential candidate. Often, suction of fat is performed at the same time as other plastic surgical procedures, such as face lifts, tummy tucks, breast reductions, etc.

5. Complications

Any surgical procedure has potential complications. In capable hands, suction lipectomy is very safe.

6. Patient Acceptance

Suction lipectomy is becoming widely accepted as a major breakthrough in treating body contour deformities in a relatively simple way. It has opened up new dimensions to treat fat tissue deformities that up to just recently required major surgical procedures. Dr. Clavin has found patient acceptance of this technique amazingly enthusiastic. For information on even newer procedures, such as FAT INJECTION to build up contour deformities, ask the office. Three months are needed to truly appreciate the results of suction, so PLEASE DON'T ANALYZE THE FINAL RESULTS UNTIL THAT TIME HAS PASSED.

