

HAROLD D. CLAVIN, M.D. F.A.C.S.

A MEDICAL CORPORATION

DIPLOMATE
AMERICAN BOARD OF PLASTIC SURGERY
MEDICAL CENTRE OF SANTA MONICA
2001 SANTA MONICA BOULEVARD, SUITE 890-WEST
SANTA MONICA, CALIFORNIA 90404-2172
TELEPHONE (310) 829-5977
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Instructions for Surgical Procedures

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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

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Prescription Instructions

***Keflex** Antibiotic, 1 every 6 hours. **Take 1 tablet 2 hours before surgery** and continue until all pills are finished.

****Darvocet** For pain, 1 or 2 every 4 hours as needed for pain.

****Xanax** Tranquilizer (like valium). One every 4 hours as needed for tension. You can take one the night before or the morning of surgery if you are feeling nervous.

****Ambien** For sleep, one at night before or after surgery as needed.

Arnica & Bromelain Decreases bruising and swelling, an optional nonprescription medication to be started 4 days prior to surgery and continued for 2 weeks after surgery.

Pepcid AC Take the night before surgery as directed to help relieve nausea the next day after surgery.

Betadine Solution Excellent for healing of post-operative wounds. Please buy a bottle and have it handy for use. No prescription is necessary.

* No fluids or food is allowed 6 hours prior to surgery. However, please take the antibiotic (Keflex) 2 hours before surgery with a sip of water.

**** DO NOT DRIVE WHEN TAKING THESE MEDICATIONS, THEY CAN CAUSE DROWSINESS.**

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 florae” 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)

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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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CHIN IMPLANT

1. A variety of shapes and sizes of solid silicone chin implants are available. Dr. Clavin will place the best implant size to fit your face after a thorough discussion with you during the preoperative visit.
2. The chin implant is placed through a 1-inch incision on the inside of the lower lip.
3. Absorbable sutures are used.
4. Moderate swelling and some pain is to be expected about the chin for 5 to 7 days.
5. The center portion of the lower lip may become temporarily numb for 4 to 8 weeks.
6. Remain on a soft diet for two weeks.
7. You may brush your teeth.
8. Use a good mouthwash after every meal and after brushing your teeth (e.g. LAVORIS),
9. It will take 3 months for most of the swelling to disappear; however after only one week, you will see a significant improvement.
10. It takes approximately 3 to 4 months for the chin implant to feel like it is "part of you." It will not be dislodged unless a significant force hits the chin.

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FAT INJECTION **RECYCLING OF FAT FROM ONE LOCATION OF THE BODY TO THE OTHER**

Since 1986, Dr. Clavin has been recycling fat, moving it from one location of the body to the other. He has lectured extensively about his techniques to other plastic surgeons who were unable to achieve the same degree of success in fat grafting as Dr. Clavin. Basically, the procedure involves suctioning out a small amount of fat from the knees, abdomen or thighs and moving this fat into the facial area (example: laugh lines, frown lines or lips) or other body locations. Dr. Clavin feels that this is a much more advantageous approach and leads to permanent improved changes in facial or body contour as compared to collagen or other synthetic materials. Lips are also being permanently enhanced with fat. Dr. Clavin does not believe in synthetic materials such as Gore-tex, Alloderm or any other foreign material. He believes, for safety purposes, that you should always use your own fat.

The procedure is done under local anesthesia with or without intravenous sedation. The entire procedure is done in Dr. Clavin's operating room and lasts approximately one hour. Fat is removed with special cannulas and syringes and then replaced with another type of syringe through extremely small skin punctures into the appropriate areas about the face or body. Basically, there are absolutely no scars and usually no sutures. Postoperative pain is minimal. The patient remains slightly black and blue for approximately two to three days. Most patients are quite presentable and can go out in public with proper make-up after two to three days. Swelling can last up to several weeks, but will eventually subside. Dr. Clavin has been very enthusiastic about his results. The patients have been overwhelmingly happy with the fat injections considering that it is their own body tissue being removed from one area and replaced to another area to fill in contour defects.

Results:

Dr. Clavin gets a permanent improvement in the area treated. For optimal results, a small number of patients may request a second sitting. There is always an over correction of the fat injection since Dr. Clavin allows for a certain degree of absorption of the fat cells.

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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.

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FACE LIFT (RHYTIDECTOMY) SPECIAL INSTRUCTIONS AND COMMENTS

1. A small amount of hair will be clipped in the temple area and behind the ear in order to hide the incisions when the hair grows back.
2. After surgery - sleep and rest on your back with your head elevated on at least two pillows for a period of one week.
3. Swelling and discoloration are expected about the face, ears, and neck which usually disappear after two to three weeks.
4. Report to Doctor Clavin any excessive or uneven swelling (more on one side of the face than the other) or if the bandages seem excessively tight.
5. Do not be alarmed by small amounts of blood that may appear on the bandages.
6. Makeup may be applied over the skin of the face immediately. Avoid makeup placed over specific incisions until two days after the sutures are removed.
7. After two to three days, remove the head dressing and take a lukewarm shower. Wash your hair gently with baby shampoo. Avoid movements of head and neck from side to side and do not bend over for one week.
8. Driving must be avoided for a minimum of one week postoperatively. Do not turn the head side to side for one week.
9. Sexual activities are discouraged for ten days.
10. Plan on taking two weeks off from work to convalesce, or more, if it is required.
11. Post operative depression is relatively common after any form of cosmetic surgery. Such depression is usually related to the immediate post operative discomfort, anxiety over appearance (swelling and bruising), and limitation of activity and socializing. This depression usually disappears as your appearance improves and as you return to your customary activities and interests.
12. **Postoperative care by qualified caretakers is mandatory for fast recovery. We highly suggest a unique and pleasant postoperative care facility for three to seven days. We will arrange the reservations for you.**
13. **ABSOLUTELY NO SMOKING 24 HOURS BEFORE SURGERY AND 72 HOURS AFTER SURGERY. DO NOT BE NEAR ANYONE WHO IS SMOKING DURING THAT SAME TIME PERIOD. Smokers are 12 times more likely to experience skin slough (loss of skin) after face lift surgery than non-smokers.**

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LIPOSUCTION

1. Description

Suction of fatty tissue from such areas as the stomach, love handles, thighs, knees, face, neck, etc. is the most popular cosmetic procedure performed in the United States. In fact, since its inception in the U.S. in 1983 (it originally started in France in 1976), suction lipectomy has become the fastest growing operation performed by plastic surgeons. Basically, if there is a fatty deposit in a conspicuous portion of the body, it can be removed with suction.

Dr. Clavin has been performing suction lipectomy since 1983 on thousands of patients with no complications. It is done safely in the office (or hospital at the patient's request) with an anesthesiologist in attendance. No compromises are made – THE PATIENT'S SAFETY COMES FIRST. The patient remembers little of the procedure and often has amnesia for the total event. Usually, within one hour after completion of the operation, the patient is home with a binder in position over the suctioned area.

This unique operation involves removing undesirable body fat that has not been amenable to removal by other methods, such as weight reduction, exercise or massage. Small pin point surgical incisions are made at various inconspicuous locations and through these incisions a high powered suction is inserted, utilizing specialized tubing and cannulas. No harm is done to muscles, tendons, or nerves. Postoperative discomfort is minimal. A binder is worn for two or three weeks, day and night. It may be taken off for bathing, showering, cleaning or going to the bathroom. The binder is intended to reduce swelling at the operative site. Therefore, it should be worn as often as possible to speed up recovery.

2. Extent of Body Change

Don't expect a major change in weight. You will, however, notice a significant contour change in the area treated. Examples: your clothing will be loose, belts will have to be tighter, bulges are gone, etc. Since fat cells are removed, you will never bulge as much as before in the treated area, even if you gain weight. The extent of fat cells removed varies tremendously from one area to another. Example: small amounts of fat from the face and neck can be removed with suction or a large amount of fat removed from the stomach and hip area. Up to 3000 cc's (3 quarts) of fat may be removed safely in an office setting. Multiple separate staged procedures may be necessary for patients with extensive fatty deposits. Suction is not a solution for generalized obesity.

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.

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BREAST SURGERY (AUGMENTATION MAMMOPLASTY)
SPECIAL INSTRUCTIONS AND COMMENTS

1. Carefully shave underarms 48 hours prior to surgery.
2. After surgery, lie quietly in bed on your back for the first 24 hours. Get up only to go to the bathroom.
3. If you develop severe pain or swelling on one or more breasts after surgery, notify Doctor Clavin immediately.
4. Wear your support binder or bra day and night for up to one week. After 24 hours, you may remove it to shower, but we suggest you leave it on most of the time for support. After one week, wear a support bra while sleeping, if desired. You can do away with the bra completely after two weeks.
5. Antibiotics: At the slightest increase in firmness of one or both of your breasts (which may occur at the time of a cold, bladder infection, cough, etc.), begin taking an antibiotic. Begin breast massage and call Dr. Clavin's office if the breast is not softer within two weeks.
6. Limit the use of your arms and avoid extending them over shoulder level for two weeks.
7. Absolutely no sports for two weeks. However, walking and leg exercises are allowed after four days. Wear a support bra during these activities.
8. Do not lift weights exceeding 20 pounds for two weeks.
9. Do not drive a car for one week.
10. You may sleep on your side after four days and on your stomach after one to two weeks, depending on your comfort level.
11. Take one week off from work.
12. In up to 10% of women, some firmness may develop in the breast secondary to the body forming a fibrous capsule scar around the implant. If excessive firmness of the breast does develop, this is usually correctable by breast manipulation done in the office by Dr. Clavin. Rarely is repeat surgery required to correct the capsule formation.

NOTE: Normally breasts are asymmetrical. Therefore, it is not unusual for your breasts to have some minor degree of asymmetry after surgery.

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BREAST UPLIFT

1. The procedure is usually done in an office operating room with an anesthesiologist present.
2. Most women with large breasts already have decreased sensation to the nipple area and skin of the breast. However, one may have decreased to absent sensation of breast skin, which may be permanent, following surgery.
3. Breast feeding may be more difficult after surgery.
4. Scars will be present about the pigmented nipple area, vertically under the nipple, and in the crease under the breast. In most cases, this is unavoidable because the nipple has to be moved to a higher position and the skin “brassiere” of the breast tightened. The scars vary widely between individuals.
5. In this office, we have found that patients having breast reductions are very satisfied as long as they are aware before surgery of the scars and their location.
6. Healing takes 2 to 3 weeks. We ask that you refrain from active sports or other heavy activities for 4 weeks. You may drive a car after 1 week.
7. Wear a good support bra (day and night with no wires or stays) for 4 weeks. You may remove the bra for showers and occasionally for comfort.
8. Don't hesitate to shower and wash your breasts (stitches and all) with soap and water everyday, starting 2 days after surgery.
9. You may apply ointment to all exposed sutures 3 times a day. However, don't apply ointment over areas where tape has been applied.
10. Sutures are removed 5 to 10 days after surgery.

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BREAST REDUCTION

1. Breast reductions are usually done in the hospital under a general anesthetic and take 2 to 4 hours of surgical time. An assistant surgeon is often used. One to three days in the hospital is usual.
2. Under certain circumstances, the procedure may be done in an office operating room with an anesthesiologist present.
3. Most women with large breasts already have decreased sensation to the nipple area and skin of the breast. However, one may have decreased to absent sensation of breast skin, which may be permanent, following surgery.
4. Breast feeding is usually not possible after most breast reduction procedures.
5. Scars will be present about the pigmented nipple area, vertically under the nipple, and in the crease under the breast. In most cases, this is unavoidable because the nipple has to be moved to a higher position and the skin "brassiere" of the breast tightened. The scars vary widely between individuals, from fine lines to hypertrophic scars.
6. In this office, we have found that patients having breast reductions are y~y satisfied as long as they are aware before surgery of the scars and their location.
7. Healing takes 2 to 3 weeks. We ask that you refrain from active sports or other heavy activities for 4 weeks. You may drive a car after 2 weeks.
8. Wear a good support bra (day and night with no wires or stays) for 6 weeks. You may remove the bra for showers and occasionally for comfort.
9. Don't hesitate to shower and wash your breasts (stitches and all) with soap and water everyday, starting 2 days after surgery.
10. You may apply ointment to all exposed sutures 3 times a day. However, don't apply ointment over areas where tape has been applied.
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ABDOMINAL LIPECTOMY
(TUMMY TUCK)

1. This operation takes about 4 hours and a general anesthetic is necessary.
2. The decision as to whether the operation should be performed in the office operating room or the hospital will be discussed with you by Dr. Clavin.
3. Insurance rarely covers this type of surgery.
4. An incision is made in the lower abdominal (pubic) area and around the umbilicus (belly button). Most of the skin and fat below the belly button is removed and the upper abdominal skin near the ribs is moved to the pubic area. Abdominal muscles are tightened. The results are usually excellent with a high patient satisfaction rate. Dr. Clavin will explain these in detail.
5. After surgery, you will be given a binder, which should be worn most of the time (except for showers) for 2 to 3 weeks.
6. Drains are sometimes used for about 3 to 4 days postoperatively.
7. Post operative care for 1 to 3 or more days is strongly encouraged, either in after-care facility or the hospital.
8. Plan on taking off 3 weeks to recover.
9. No heavy exercise for 5 weeks but walking, tread mills, stationary bicycles, etc. are allowed after 10 days.
10. Do not walk completely upright for 10 days.
11. Pain is mild to moderate for 5 days and is easily handled with pain pills.
12. Absolutely **NO** smoking for 2 weeks before surgery and 3 weeks after surgery.