

MARIAM AWADA, MD, FACS
MICHIGAN COSMETIC SURGERY, PLC

Pre-Operative Instructions

The following instructions should be followed closely except when overruled by specific procedural instructions.

8 Weeks Prior to Surgery

- You **MUST** obtain a primary care physician clearance for surgery if you have not already done so. If we do not receive your results your surgery may be cancelled.

2 Weeks Prior to Surgery

- Stop all Motrin (ibuprofen) or aspirin containing medications. Tylenol is okay to take for any aches and pains.
- Discontinue any alcohol or street drug use.
- If you are taking any diet medications or certain vitamins, such as Vitamin E or Fish oils, or any over the counter herbal supplements, you must discontinue two weeks prior to surgery.
- You may take your Multivitamin and Bromelain as directed each day.

1 Week Prior to Surgery

- Purchase antibacterial cleanser. Scrub surgical area once a day for one week, including day of surgery.
- You will be contacted by the office 48 hours before your surgery, and given your exact surgery time.
- You must have a guardian/driver. You will not be able to drive home.
- Please fill all prescriptions prior to surgery.
- Norco: Take when you get home from surgery 30 minutes after having a small meal. Then as needed for pain.
- Keflex: Antibiotic that you will start when you come home from surgery, then as directed.
- Medrol Dose Pack: used for swelling and inflammation. Start morning AFTER surgery, follow instructions on package.

The Night Prior to Surgery

- Do not eat or drink **ANYTHING** after midnight, including water.
- The anesthesia care provider will contact you to review any questions by phone.
- If you take daily medications, review this with the anesthesiologist. If you would like to speak to the anesthesiologist sooner, we will provide you with the correct information.

The Morning of Your Surgery

- Shower to reduce the chance of infection.
- If you are undergoing a tummy tuck, thigh lift, or pubic lift, please shave the pubic area.
- We do need to obtain a urine sample the day of your surgery, please do not urinate before you come to the office so that you may provide a sample when you come in.
- You must be available for the entire day of surgery due to possible schedule changes you may be called to come in earlier or later in the day.
- Do not wear makeup, nail polish, artificial nails, lotion, or jewelry.
- Remove **all** piercings before surgery.
- Any hair extensions must be removed prior to surgery.

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- Arrive at the facility at the designated time provided. Do not be late or your surgery could be cancelled, if you do not arrive in adequate time.
- Wear clothing that is easy to put on and take off. A button down or zipper shirt and pull up pants with elastic band work best.
- Leave all valuables at home.
- If you wear glasses, contacts or hearing aids, bring along a case to store them in while you are in surgery.
- If you wear dentures, removable bridgework, etc., they must be removed before surgery or as designated by anesthesia department policy.
- Do not smoke.
- Robe, slippers, and basic toiletries are all you should need if being admitted. If you are being admitted for overnight stay, bring your medications with you to the hospital.

After Your Surgery

- After you leave the operating room, you will be taken to the recovery room for a brief period.
- Someone must be responsible for staying with you the first 24-48 hours after surgery if you are having an outpatient procedure.
- If you are an overnight/hospital patient this will not be necessary, but you **MUST** have someone drive you home after discharge from the hospital.

Pain Management

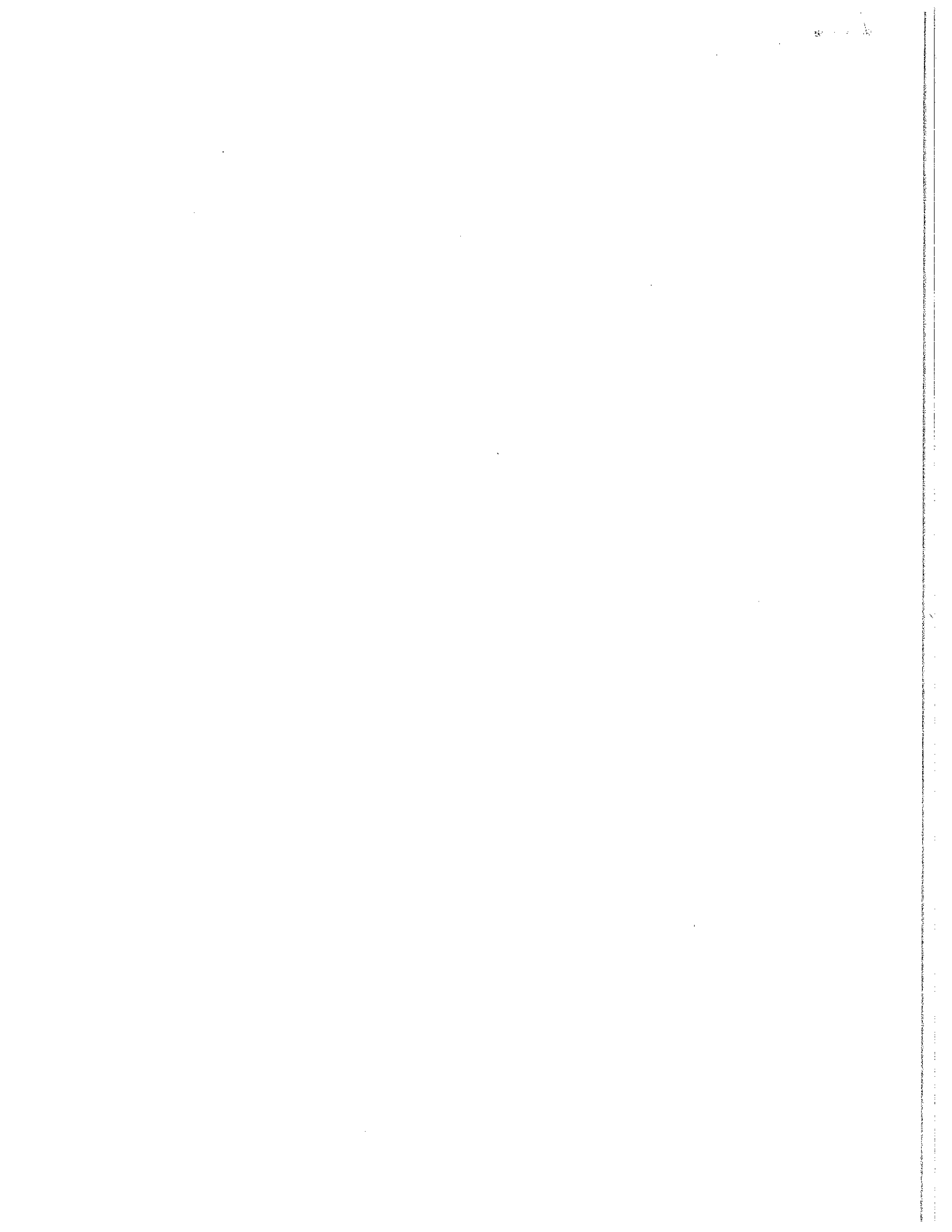
- Any prescription you are given should be filled **BEFORE** surgery.
- Take pain medication with food to prevent stomach upset.
- Take stool softener as needed for constipation. For example, Colace and Ducolax are both available over the counter according to directions until you have a bowel movement.
- Increase fluids, fruits, and fibers.
- Stay on a schedule with your pain medication. Waiting too long may make it harder to control pain.
- A few days after surgery mild pain can be controlled with extra strength Tylenol.
- Call the office if you have uncontrollable vomiting, this can be a temporary side effect of the anesthesia.

Surgery Date: _____

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1st Post Op with Medical Assistant: _____

2nd Post Op with Dr. Awada: _____





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BLEPHAROPLASTY

Now that you have had your surgery, here are a few tips to help you heal

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Dressings and Activity

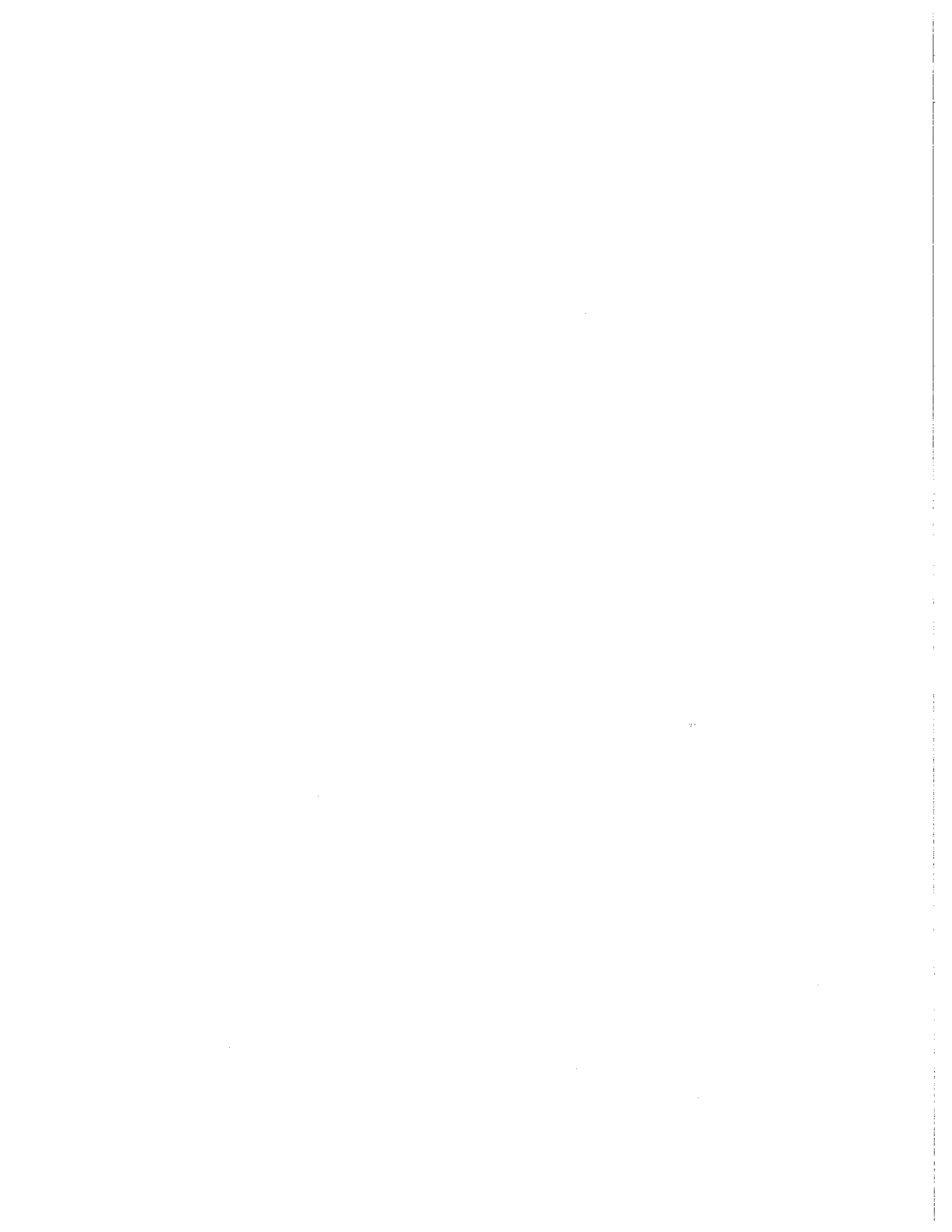
- Keep your head elevated at all times. Continue to sleep with head elevated for two weeks after procedure.
- Ice. Use a plastic baggy with water and a couple of ice cubes over your face half hour on and off for the first week to help with swelling and healing.
- Do not remove or get your dressing wet until you have been seen at your postoperative visit and are cleared to do so.
- Excessive and strenuous activities should be avoided for 4 weeks. Avoid turning your head too much or stretching your neck for the first week.

Diet

- Take your medication as directed.
- Do not drive while on pain medication. Take a stool softener or eat a high fiber diet while on pain medication.
- Avoid ~~caffeine~~ or alcohol for at least two-three weeks after your surgery.
- Drink plenty of water, 8-10 glasses a day; the hydration helps the healing process.
- No chewing gum and try to minimize chewing and keep a softer diet for the first week.

Other

- Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
- Please contact our office at 248-948-5500 with any questions during normal business hours.
- For after hours emergency contact Dr. Mariam Awada at 248-590-1098.





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Browlift

Now that you have had your surgery, here are a few tips to help you heal

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Dressings and Activity

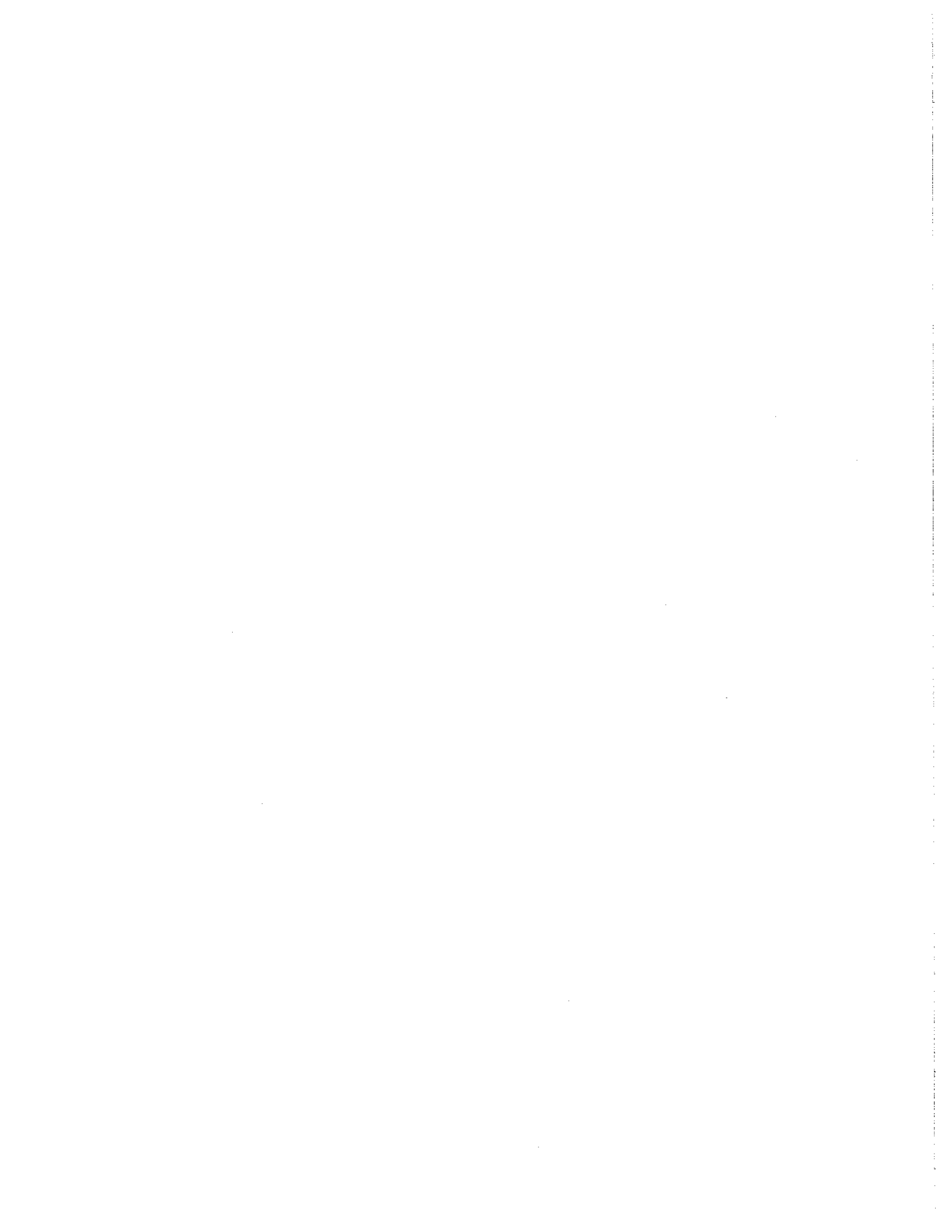
- Keep your head elevated at all times. Continue to sleep with head elevated for two weeks after procedure.
- **Ice.** Use a plastic baggy with water and a couple of ice cubes over your forehead half hour on and off for the first week to help with swelling and healing.
- Keep your dressings and facial garment in place, clean and dry.
- Do not remove or get your dressing wet until you have been seen at your postoperative visit and are cleared to do so.
- You will have bloody drainage for the first few days and may have bruising -this is normal and expected.
- Excessive and strenuous activities should be avoided for 4 weeks. Avoid turning your head too much or stretching your neck for the first week.

Diet

- Take your medication as directed.
- Do not drive while on pain medication. Take a stool softener or eat a high fiber diet while on pain medication.
- Avoid caffeine or alcohol for at least two-three weeks after your surgery.
- Drink plenty of water, 8-10 glasses a day; the hydration helps the healing process.
- No chewing gum and try to minimize chewing and keep a softer diet for the first week.

Other

- Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
- Please contact our office at 248-948-5500 with any questions during normal business hours.
- For after hours emergency contact Dr. Mariam at [REDACTED] (248) 550-9747





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Facelift

Now that you have had your surgery, here are a few tips to help you heal

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Dressings and Activity

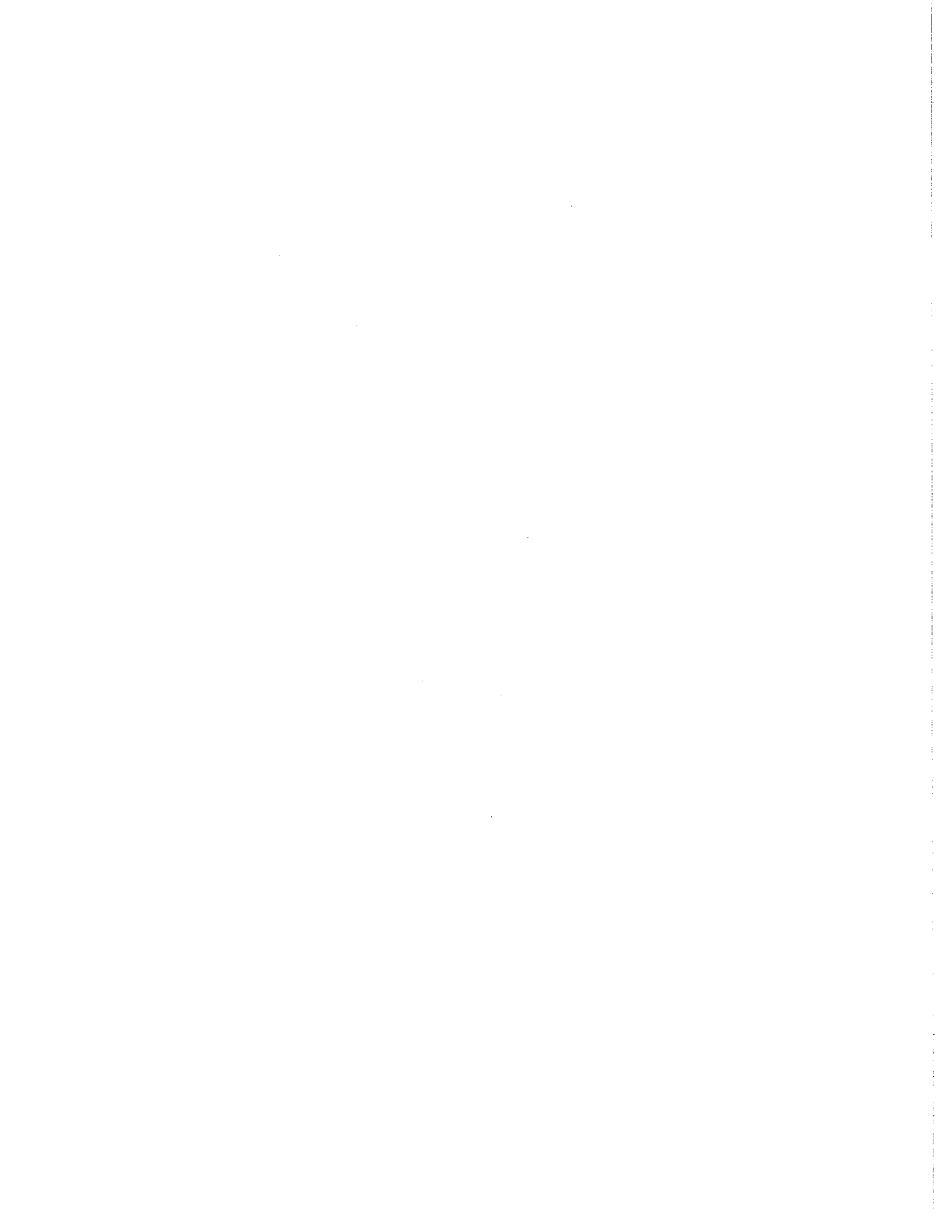
- Keep your head elevated at all times. Continue to sleep with head elevated for two weeks after procedure.
- **Ice.** Use a plastic baggy with water and a couple of ice cubes over your face half hour on and off for the first week to help with swelling and healing.
- Keep your dressings and facial garment in place, clean and dry.
- Do not remove or get your dressing wet until you have been seen at your postoperative visit and are cleared to do so.
- You will have bloody drainage for the first few days and may have bruising -this is normal and expected. Perform JP care as instructed on the drain sheet.
- Excessive and strenuous activities should be avoided for 4 weeks. Avoid turning your head too much or stretching your neck for the first week.

Diet

- Take your medication as directed.
- Do not drive while on pain medication. Take a stool softener or eat a high fiber diet while on pain medication.
- Avoid caffeine or alcohol for at least two-three weeks after your surgery.
- Drink plenty of water, 8-10 glasses a day; the hydration helps the healing process.
- No chewing gum and try to minimize chewing and keep a softer diet for the first week.

Other

- Do **NOT** smoke for a minimum of two months after surgery, you will compromise your healing.
- Please contact our office at 248-948-5500 with any questions during normal business hours.
- For after hours emergency contact Dr. Mariam Awada at 248-550-9747.





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Rhinoplasty (Nose Surgery)

Now that you have had your surgery, here are a few tips to help you heal
Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain. (1-2 every 4-6 hrs)
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed. (3x a day)
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.
- **Colace Stool Softener:** take as needed if constipated

Dressings and Activity

Keep your head elevated at all times. Continue to sleep with head elevated for two weeks after procedure.

Ice using a plastic baggy with little bit of water and a couple of crushed ice, place baggy over your eyes and nose for the first week to help with swelling and healing.

You will have bloody drainage for the first few days. You may change your gauze three times a day or as needed to absorb the drainage. You may have black eyes or bruising around your nose and eyes. This is normal and expected.

Apply antibiotic ointment to the incision and each nostril twice a day for the first few days after surgery.

No contact sports. Excessive and strenuous activities should be avoided for 6 weeks. No heavy lifting or bending head forward. Avoid situations where nose can be bumped or hit. Do not remove splint or get your dressing wet until you have been seen at your 1 week postoperative visit and are cleared to do so.

Diet

Take a stool softener or eat a high fiber diet while on pain medication.

Avoid caffeine or alcohol for at least two-three weeks after your surgery.

Drink plenty of water, 6-8 cups a day using a straw; the hydration helps the healing process.

No chewing gum and try to minimize chewing and keep a softer diet for the first week.

No hard texture foods as it is hard to chew and cause movement to nose

Other

Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.

Please understand that tip swelling is the last to subside, although the majority resolves after a few weeks. Keep your head elevated for two weeks after surgery to help with the healing process.

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Breast Reduction

Now that you have had your breast surgery, here are a few tips to help you heal.

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Diet

- Stay hydrated (drink at least 4-6 cups of water daily) and limit caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate.
- Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity and Ice

- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and light activity only. Do not exercise or lift more than the weight of a gallon of milk and avoid strenuous activities, weight lifting for 4 weeks. Avoid strenuous arm exercise, lifting above your shoulders or pulling/pushing for the first couple of weeks.
- Use frozen peas or ice placed over a paper towel on the top of your breast every half hour on and off for the first few days after surgery to minimize swelling and pain.
- Try to recline with one to two pillows behind your back and limit sitting straight up all the time for the first week after surgery to help with healing and swelling.
- Sponge bathe only. Do not shower until you are cleared to do so on your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so.

Dressings and Bra

- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.
- Wear your postsurgical bra until you have been seen for your first postoperative visit. You will be instructed when you can wear a different bra.
- Keep your bra pulled down below your breast crease as it will tend to ride up with movement.

Other

- If you have drains, follow the instructions on the drain care sheet.
- Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
- During normal business hours please contact our office with any questions 248-948-5500.
- In case of after hours emergency contact Dr. Mariam Awada at 248-550-9747.

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Breast Lift (Mastopexy)

Medication Instruction

Please fill all of your prescriptions prior to your surgery.

Norco: Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.

Keflex: Antibiotic that you will also start when you come home from surgery, then take as directed.

Medrol Dose Pack: used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Diet

- Stay hydrated (drink at least 4-6 cups of water daily) and limit caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate.
- Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity and Ice

- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and light activity only. Do not exercise or lift more than the weight of a gallon of milk and avoid strenuous activities, weight lifting for 4 weeks. Avoid strenuous arm exercise, lifting above your shoulders or pulling/pushing for the first couple of weeks.
- Use frozen peas or ice placed over a paper towel on the top of your breast every half hour on and off for the first few days after surgery to minimize swelling and pain.
- Try to recline with two- three pillows behind your back and limit sitting straight up all the time for the first week after surgery to help with healing and swelling.
- You will be taught breast exercises and massage at your first postoperative visit and do not need to do anything until then.
- Sponge bathe only. Do not shower until you are cleared to do so on your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Bra

- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.
- Wear your postsurgical bra until you have been seen for your first postoperative visit. You will be instructed when you can wear a different bra. You will be fitted and may purchase a different type bra at your first visit.
- Keep your bra pulled down below your breast crease as it will tend to ride up with movement.

Other

- If you have drains, follow the instructions on the drain care sheet. Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
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Breast Implant Removal and Replace

Now that you have had your breast surgery, here are a few tips to help you heal.

Medication Instruction

Diet

- Stay hydrated (drink at least 4-6 cups of water daily) and limit caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate.
- Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity and Ice

- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and light activity only. Do not exercise or lift more than the weight of a gallon of milk and avoid strenuous activities, weight lifting for 4 weeks. Avoid strenuous arm exercise, lifting above your shoulders or pulling/pushing for the first couple of weeks.
- Use frozen peas or ice placed over a paper towel on the top of your breast every half hour on and off for the first few days after surgery to minimize swelling and pain.
- Try to recline with two- three pillows behind your back and limit sitting straight up all the time for the first few days after surgery to help with healing and swelling.
- You will be taught breast exercises and massage at your first postoperative visit and do not need to do anything until then.
- Sponge bathe only. Do not shower until you are cleared to do so on your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Bra

- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.
- Wear your postsurgical bra until you have been seen for your first postoperative visit. You will be instructed when you can wear a different bra. You will be fitted and may purchase a different type bra at your first visit.
- Keep your bra pulled down below your breast crease as it will tend to ride up with movement.

Other

- If you have drains, follow the instructions on the drain care sheet. Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
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Breast Lift (Mastopexy) with Implants

Now that you have had your breast surgery, here are a few tips to help you heal.

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Diet

- Stay hydrated (drink at least 4-6 cups of water daily) and limit caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate.
- Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity and Ice

- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and light activity only. Do not exercise or lift more than the weight of a gallon of milk and avoid strenuous activities, weight lifting for 4 weeks. Avoid strenuous arm exercise, lifting above your shoulders or pulling/pushing for the first couple of weeks.
- Use frozen peas or ice placed over a paper towel on the top of your breast every half hour on and off for the first few days after surgery to minimize swelling and pain.
- Try to recline with two- three pillows behind your back and limit sitting straight up all the time for the first few days after surgery to help with healing and swelling.
- You will be taught breast exercises and massage at your first postoperative visit and do not need to do anything until then.
- Sponge bathe only. Do not shower until you are cleared to do so on your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Bra

- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.

- Wear your postsurgical bra until you have been seen for your first postoperative visit. You will be instructed when you can wear a different bra. You will be fitted and may purchase a different type bra at your first visit.
- Keep your bra pulled down below your breast crease as it will tend to ride up with movement.

Other

- If you have drains, follow the instructions on the drain care sheet. Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
- During normal business hours please contact our office with any questions 248-948-5500.
- In case of after hours emergency contact Dr. Mariam at 248-550-9747.



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Breast Augmentation

Now that you have had your breast surgery, here are a few tips to help you heal.

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Diet

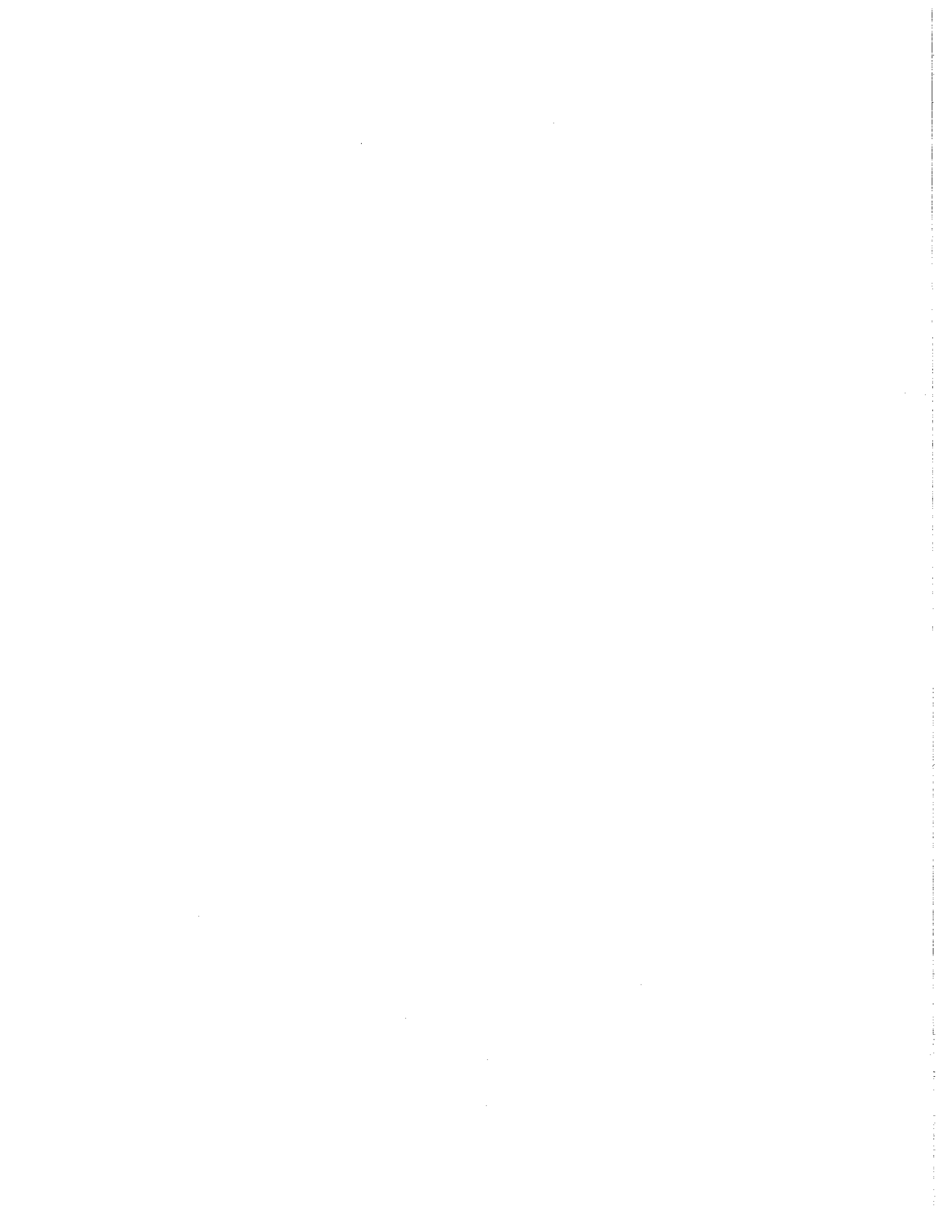
- Stay hydrated (drink at least 4 cups of water daily) and limit caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate.
- Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity and Ice

- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and light activity only. Do not exercise or lift more than the weight of a gallon of milk and avoid strenuous activities, weight lifting for 4 weeks. Avoid strenuous arm exercise, lifting above your shoulders or pulling/pushing for the first couple of weeks.
- Use frozen peas or ice placed over a paper towel on the top of your breast every half hour on and off for the first few days after surgery to minimize swelling and pain.
- Try to recline with two- three pillows behind your back and limit sitting straight up all the time for the first few days after surgery to help with healing and swelling.
- You will be taught breast exercises and massage at your first postoperative visit and do not need to do anything until then.
- Sponge bathe only. Do not shower until you are cleared to do so on your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Bra

- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.
- Wear your postsurgical bra until you have been seen for your first postoperative visit. You will be instructed when you can wear a different bra. You will be fitted and may purchase a different type bra at your first visit.
- Keep your bra pulled down below your breast crease as it will tend to ride up with movement.





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Abdominoplasty (Tummy Tuck) Postoperative Instruction

Now that you have had your surgery, here are a few tips to help you heal

Medication Instruction

Please fill all of your prescriptions prior to your surgery. Bring them with you if your drive is greater than an hour.

Take your medications as directed. Do not drive while taking pain medication or have a driver with you.

Norco: Take when you get home from surgery 30 minutes after having a small meal. Take as needed for pain. Maximum one every 2 hours and wean off to every 3-4 then 5-6 etc. as tolerated.

Keflex: Antibiotic that you will also start when you come home from surgery, then take as directed.

Medrol Dose Pack: used for swelling and inflammation. Start morning AFTER surgery, follow instructions on package.

Colace stool softener

Diet

Stay hydrated (drink at least 6-8 cups of water) and limit caffeine or alcohol for at least two-three weeks after your surgery. Hydration helps the healing process.

Start with bland small meals and advance as you tolerate. Eat multiple small meals that are high in fiber and take a stool softener with meals. Do not over eat, your abdomen will feel tight full more quickly.

Activity Week 1-4

Get up and walk 10 minutes every 1-2 hour for the first month after surgery for circulation in your legs.

Keep two pillows behind your back and place a pillow behind your knees while lying down or in bed. Stay flexed to keep the stress off your incision for the first few weeks after surgery. Light activity only

Sponge bathe only for the first week then you can shower when cleared with luke warm soap and water.

Do not bathe in tub, or swim, until cleared to do so (likely after 4 weeks).

Exercise

Light activity for the first 2 weeks then increasing walking and gradual activity over the next two weeks.

Do not lift more than 5 pounds. Please try to keep activity light especially after drains are removed since activity increases swelling. Start light work out on legs after 1 month. Do not strain abdomen muscles for at least one year. After having an Abdominoplasty you should not do abdominal exercises, as your muscles have been tightened for you and this will add strain on your abdomen. Avoid excessive and strenuous activities, such as cardio or weight lifting for 6 weeks.

When exercising please wear your abdominal binder, or a full support garment to help minimize any swelling or discomfort.

Dressings and Binders

DO NOT remove dressing or get abdomen incision wet until clear. Wear binder continuously (day and night) for 4-6 weeks. Keep it smooth and flat pulled down over your hips as it will tend to ride up and wrinkle with movement. If you would like to purchase an additional abdominal binder or compression garment they are available to you at our office and can be mailed. Avoid sitting with binder unless you lean back so it does not crease into your abdomen.

Other

Do NOT smoke for a minimum of two months after surgery, you will compromise your healing and this may cause infection, tissue loss, and open wounds.

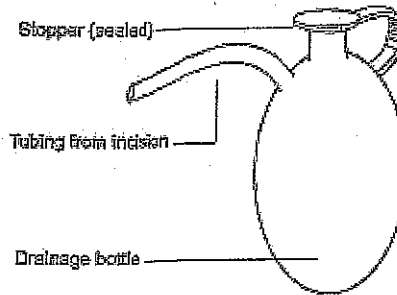
During normal business hours please contact our office with any questions 248-948-5500.

In case of afterhours emergency call 248-590-1098.



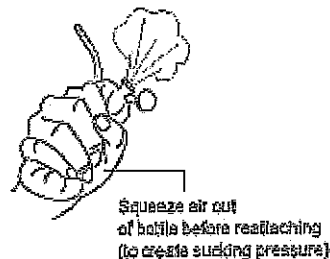
Jackson-Pratt Drains

After surgery, you will have a drain(s) called a Jackson-Pratt (JP) drain. This device suctions and collects fluid from your surgical area. The drain promotes healing and recovery, and reduces the chance of infection. The drain will be in place until the drainage slows enough for your body to reabsorb fluid on its own. Before your surgery the nursing staff will teach you and your care giver how to care for your drains so you can do so at home.



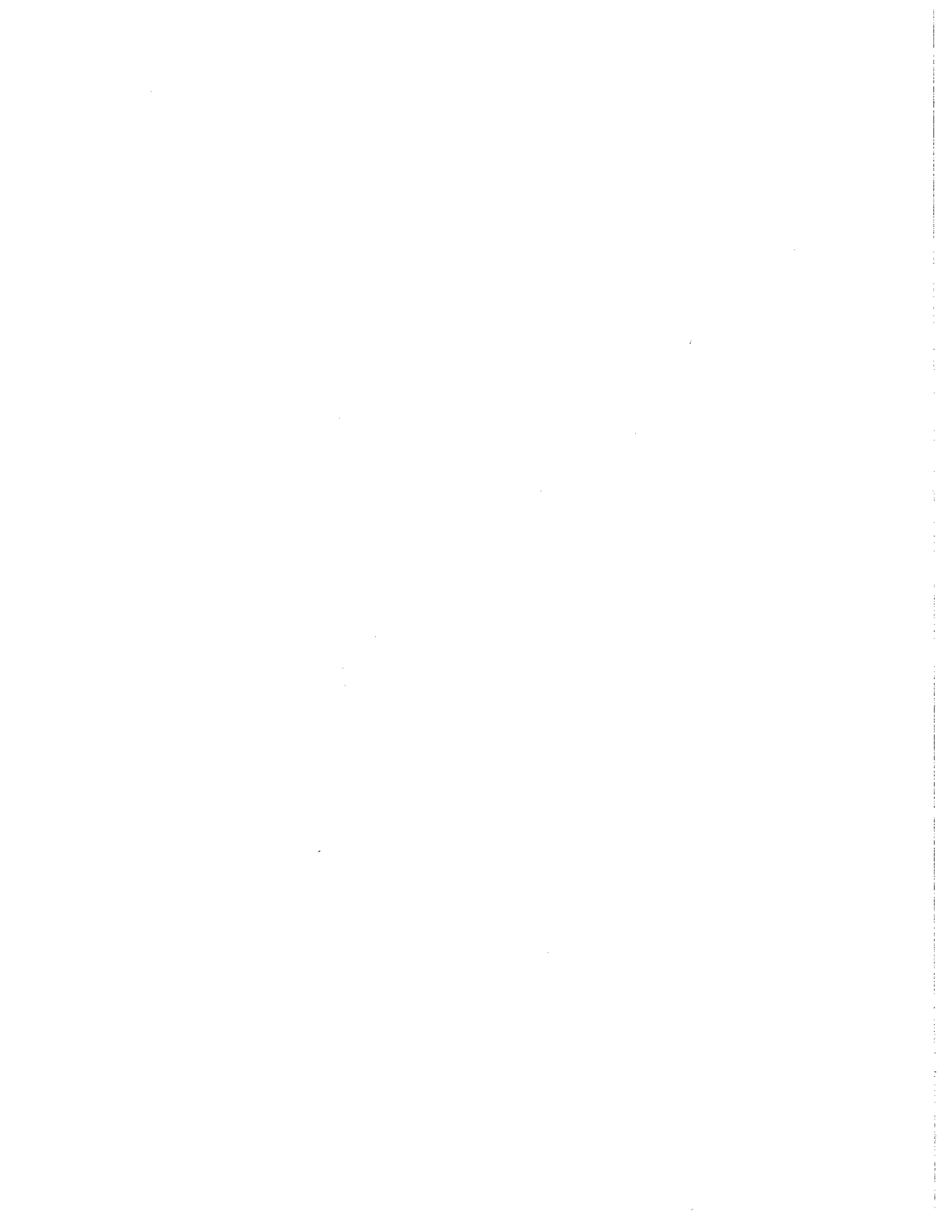
How to Empty your JP Drain:

1. Wash your hands thoroughly before emptying your drain(s).
2. Milk the drain tubes (as shown by the nursing staff) in order to work any fluid in the tubes into the bulb reservoir in order to keep the tubes from becoming blocked.
3. Use the numbers printed on your bulb reservoirs to measure the amount of drainage.
4. Unpin the drain from your clothing.
5. Open the top of the drain: Turn the drain upside down and squeeze the contents of the bulb. Be sure to empty the bulb as completely as possible.
6. Use the chart to record the amount of drainage four times a day or any time the bulb is full. If you have more than one drain, remember to record the drainage from each drain separately.
7. To prevent infection, do not let the stopper or top of the bottle touch the measuring cup or any other surface.
8. Use one hand to squeeze all of the air from the drain. With the drain still squeezed, use your other hand to replace the top. This creates the suction necessary to remove the fluids from your body.



9. Pin the drain back on your clothing to avoid pulling it out accidentally.
10. Wash your hands again. Remember to wash your hands before and after the procedure to reduce the risk of infection.

See back for drainage record table





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Excision of Skin

Now that you have had your surgery, here are a few tips to help you heal

Diet

- Stay hydrated (drink at least 6-8 cups of water) and limit caffeine or alcohol for at least two-three weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate. Eat multiple small meals that are high in fiber and take a stool softener with meals. Do not over eat, your abdomen will feel tight and you will feel full more quickly after eating.
- Take your medications directed. Do not drive while taking pain medication.

Activity

- Get up and walk for 10 minutes every couple of hours on Day 1 and thereafter to keep circulation in your legs.
- Keep two pillows behind your back and place a pillow behind your knees while lying down or in bed. Stay flexed to keep the stress off your incision for the first week after surgery.
- Avoid excessive and strenuous activities, such as cardio or weight lifting for 6 weeks. Light activity only. Do not lift more than the weight of a gallon of milk.
- Sponge bathe only. Do not shower until your drains have been removed and you are cleared to do so. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Binders

- DO not change your dressing until you have been seen by your doctor or you have been instructed to do so. Keep your dressings clean, dry and in place.
- Wear a binder continuously (day and night) for 4 weeks. Keep it pulled down on your hips as it will tend to ride up with movement. You may remove it only to clean garment or shower after drains have been removed. If you would like to purchase an additional abdominal binder or compression garment they are available to you at our office.

Exercise

- You may resume light exercise (i.e. walking, light cardio) after four weeks dependant on your individual situation.
- When exercising please wear your abdominal binder, or a full support garment to help minimize any swelling or discomfort.

Other

- If you have drains, keep your drains pinned to your binder so they do not pull. Perform the drain care as instructed on your drain care sheet. Continue antibiotics until your drains have been removed.
- Do NOT smoke for a minimum of two months after surgery, you will compromise your healing and this may cause infection, tissue loss, and open wounds.
- During normal business hours please contact our office with any questions 248-948-5500.
- In case of after hours emergency contact Dr. Mariam Awada at 248-590-1098.



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Liposuction

Now that you have had your liposuction surgery, here are a few tips to help you heal.

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Diet

- Stay hydrated (drink at least 4-6 cups of water daily) and limit caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate. Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity

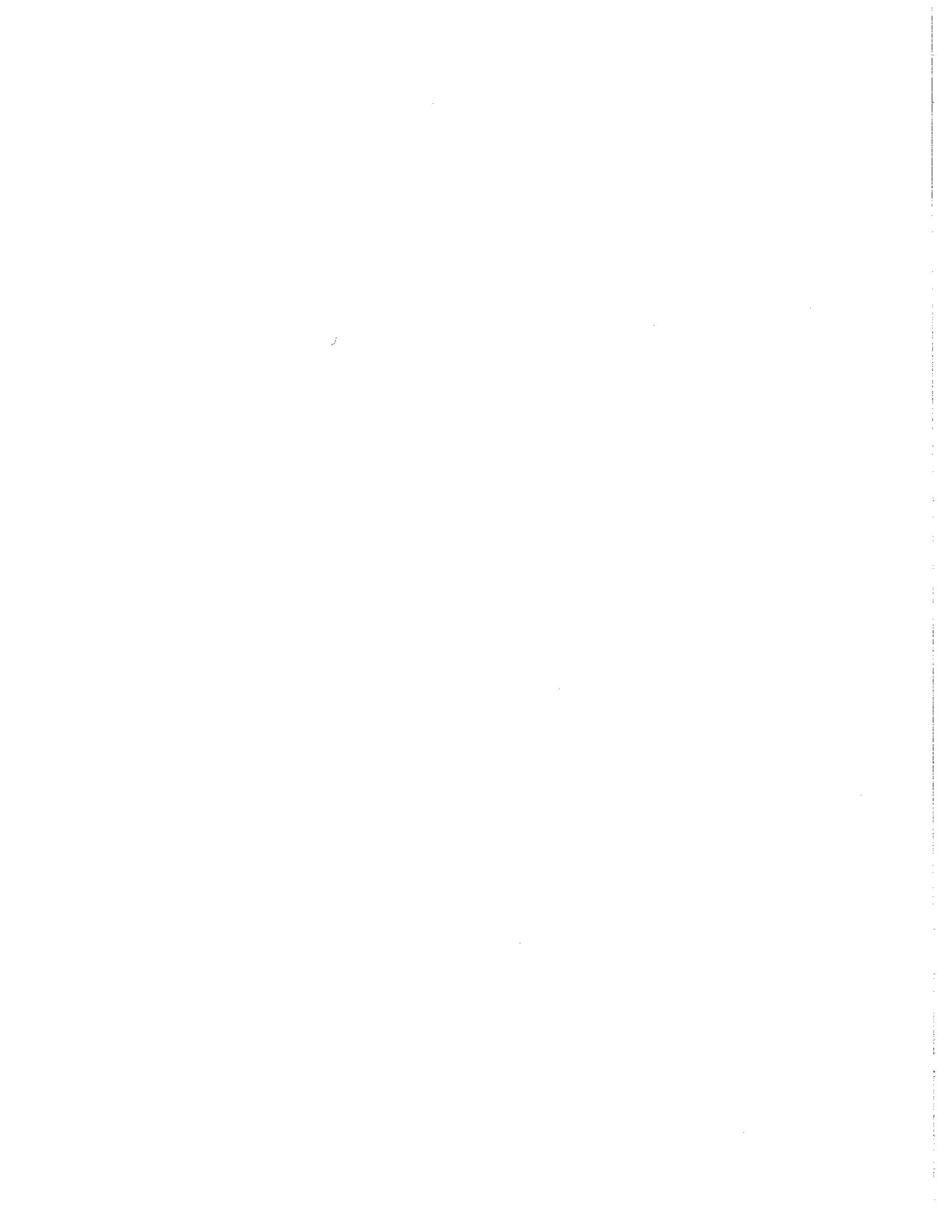
- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and thereafter. Perform light activity only. Do not exercise and avoid strenuous activities, excessive walking, or weight lifting for 4 weeks.
- Try to recline with two- three pillows under your legs and limit sitting or standing all the time for the first week after surgery to help with healing and swelling.
- Sponge bathe only. Do not shower until you are cleared to do so on your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Garment

- You will have blood tinged drainage for the first day so keep a towel beneath you.
- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.
- Wear your postsurgical garment until you have been seen for your first postoperative visit. You may purchase additional at your first visit. Plan to wear it day and night for the first few weeks after surgery.

Other

- You will begin massage after your first visit and it is recommended to soften up any of the surgical areas. To do this you can use moisturizer and massage in long strokes toward your heart three to four times daily after your first visit.
- Bruising can last for several weeks after surgery, do not be alarmed.
- Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
- During normal business hours please contact our office with any questions 248-948-5500.
- In case of after hours emergency contact Dr. Mariam Awada at 248-631-6013.





Labiaplasty

After Care Instructions

We hope you read this information carefully as it has critical and thorough postoperative instructions. This will help you achieve the best results. Please read this thoroughly before and after undergoing surgery.

Activity

- It is important to get out of bed and walk (with assistance) every two hours after surgery for 10 minutes.
- Light activity for the first few weeks after surgery. No pushing, pulling, lifting. Do not lift anything heavier than 5 pounds (gallon of milk)
- You may resume regular activities 4 to 6 weeks after surgery. You will be cleared by Dr. Awada to do so.
- You may shower the following day of surgery. Keep vaginal area clean and dry. Shower with soap and water and dab the area dry without rubbing.
- Ice the area for the first four days and use a barrier ie paper towel (do not put it directly on the area)
- Do not use any ointment to the area and make sure its dry at all times
- When voiding, Pour warm water to area for discomfort
- You may wear a clean panty liner every day to help the area stay clean
- You may resume bathing, and swimming after 4 weeks.
- You may resume sexual activity after 6 to 8 weeks.
- Do not put anything into the vagina for 3 to 6 weeks, including tampons. You will be cleared by Dr. Awada
- Please do not drive for a minimum of 3 days and never drive while taking narcotic pain medication.

Diet

- A light diet is best for the first day after surgery: Begin by taking liquids and progress to soups and jello. Advance to a regular diet as you tolerate.
- Suggestions to relieve and prevent constipation after surgery:
 - Drink plenty of water-8 glasses a day!
 - Prune juice
 - Walking helps the circulation in the whole body and helps the bowel motility

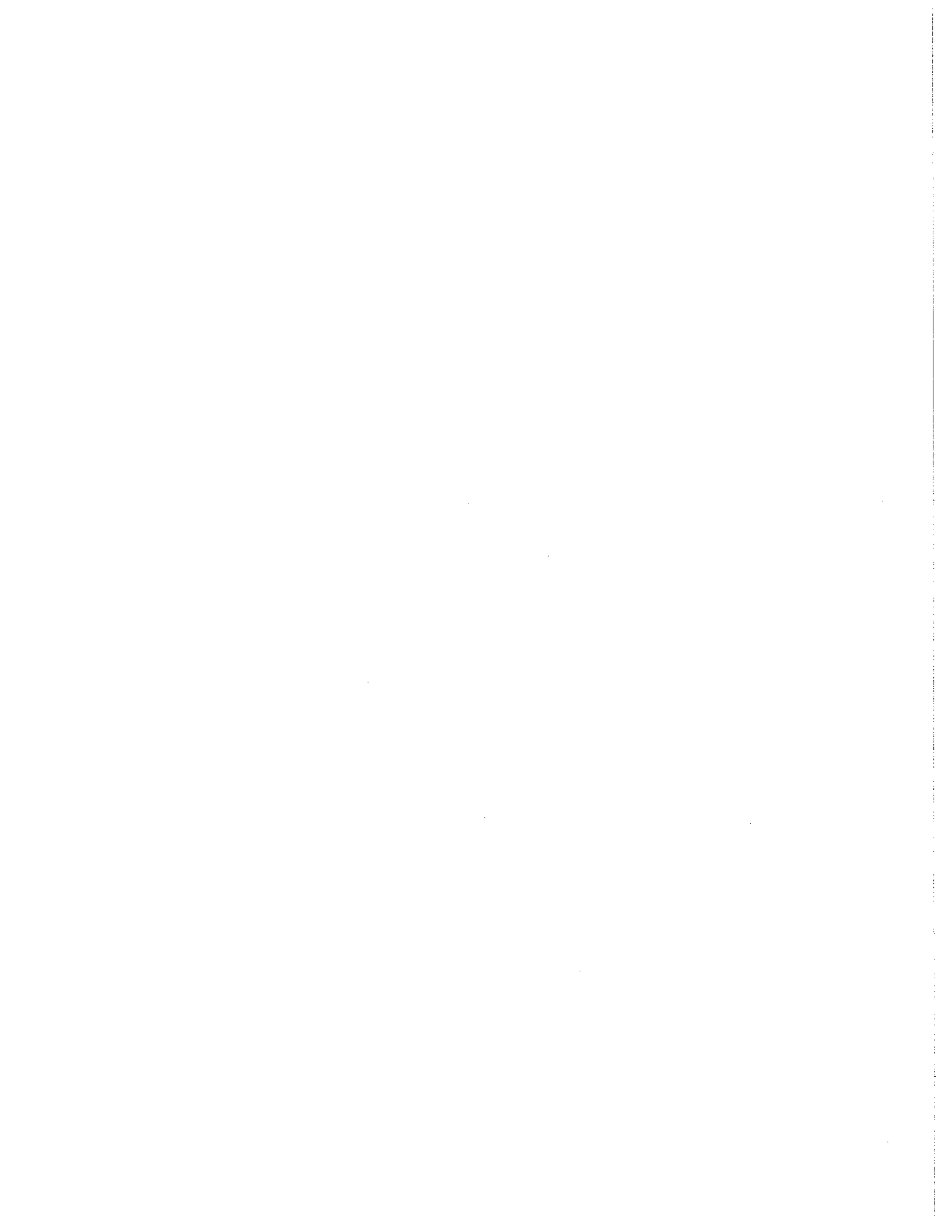
Medication

- Start your antibiotic (Keflex) and your pain medication when you get home after surgery. Take the pain medicine with food.
- The first morning after surgery you will start your medrol dose pack. The specific instructions on how to take the dose pack are located on the inside cover of the pill pack.
- Take a stool softener (*Colace*) to reduce the risk of straining during elimination. It is very important not to strain these tissues.
- DO NOT take aspirin, motrin, ibuprofen.

Other

- You may spot or have small to moderate amount of discharge. This is normal and will lessen.
- You may experience some rubbing and sticking, puffiness, and bruising, these symptoms will resolve with time.
- Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
- If you notice some vaginal burning and itching (Vaginitis) as a result of the antibiotics given after surgery, we can prescribe *Diflucan*, or yeast medications can be purchased over the counter.
- If you have vomiting, rash, shortness of breath, or hives after taking your medications, please contact your doctor immediately as you may be experiencing an allergic reaction.
- If you develop a fever taken by thermometer (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please contact the office.

Please contact our office at 248-948-5500 with any questions or concerns





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Thigh Lift

Now that you have had your thigh lift surgery, here are a few tips to help you heal.

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Diet

- Stay hydrated (drink at least 4-6 cups of water daily) and limits caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate.
- Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity and Ice

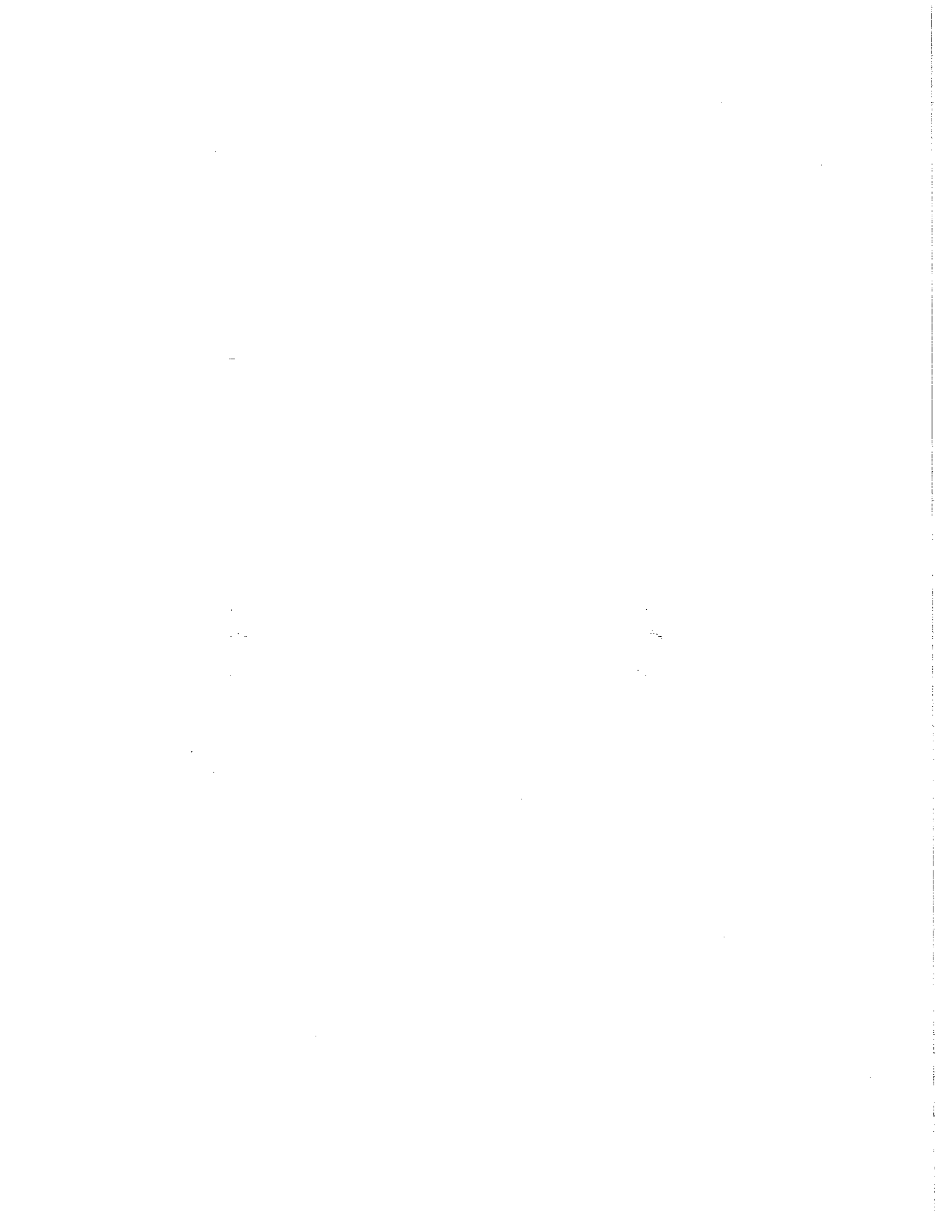
- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and light activity only. Do not exercise and avoid strenuous activities, excessive walking, or weight lifting for 4 weeks.
- Try to recline with two pillows under your knees and limit sitting standing all the time for the first week after surgery to help with healing and swelling.
- Sponge bathe only but keep your genital area clean. Do not shower until you are cleared to do so on your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Bra

- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.
- Wear your postsurgical garment until you have been seen for your first postoperative visit. You may purchase additional at your first visit. Plan to wear it for the first few weeks after surgery.

Other

- If you have drains, follow the instructions on the drain care sheet.
- Do **NOT** smoke for a minimum of two months after surgery, you will compromise your healing.
- During normal business hours please contact our office with any questions 248-948-5500.
- In case of after hours emergency contact Dr. Mariam Awada at 248-590-1098.





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Arm Lift

Now that you have had your arm lift surgery, here are a few tips to help you heal.

Diet

- Stays hydrated (drink at least 4-6 cups of water daily) and limit caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate.
- Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity and Ice

- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and light activity only. Do not exercise or lift more than the weight of a gallon of milk and avoid strenuous activities, weight lifting for 4 weeks.
- Avoid strenuous arm exercise, lifting above your shoulders or pulling/pushing for the first couple of weeks.
- Try to recline with two pillows under your arms and limit sitting straight up all the time for the first week after surgery to help with healing and swelling. Minimize flexing of your arms or strenuous arm movement.
- Sponge baths only. Do not shower until you are cleared to do so your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Bra

- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.
- Wear your postsurgical garment until you have been seen for your first postoperative visit. You may purchase additional at your first visit. Plan to wear it for the first few weeks after surgery.

Other

-
- If you have drains, follow the instructions on the drain care sheet.
- Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
- During normal business hours please contact our office with any questions 248-948-5500.
- In case of after hours emergency contact Dr. Mariam at ~~248-948-5500~~.

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Fat Graft

Now that you have had your fat graft surgery, here are a few tips to help you heal.

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Diet

- Stay hydrated (drink at least 4-6 cups of water daily) and limit caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate. Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity

- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and thereafter. Perform light activity only. Do not exercise and avoid strenuous activities, excessive walking, or weight lifting for 4 weeks.
- Try to recline with two- three pillows under your legs and limit sitting or standing all the time for the first week after surgery to help with healing and swelling.
- Sponge bathe only. Do not shower until you are cleared to do so on your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Garment

- You will have blood tinged drainage for the first day so keep a towel beneath you.
- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.
- Wear your postsurgical garment until you have been seen for your first postoperative visit. You may purchase additional at your first visit. Plan to wear it day and night for the first few weeks after surgery.

Other

- Sleep on stomach do not lay on buttocks

- Avoid sitting on buttocks and use booty pillow while sitting down
- Bruising can last for several weeks after surgery, do not be alarmed.
- Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
- During normal business hours please contact our office with any questions 248-948-5500.
- In case of after hours emergency contact Dr. Mariam Awada at **248-631-6013**