

## GUIDELINES FOR J PLASMA J PLAZTY

### PRE-PROCEDURE

1. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your surgery. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication use, please contact our office.
2. Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever) prior to your surgical date. If a prescription was not provided, contact our office to have one sent to your local pharmacy. This medication should be picked up **before** your scheduled date so that you have it immediately available after leaving the center.
3. You must arrange for proper and timely transportation to and from the surgery center. Typically you will need to arrive one (1) hour prior to your scheduled surgery time, but confirm this time with the staff. Your ride home must be with a responsible adult. You cannot take a cab, Uber, Lyft, or equivalent.
4. Be prepared to have a responsible adult remain with you for at least the first 24 hours after surgery to assist with your needs. If you don't have a trusted individual to stay with you, we can assist with hiring a professional caretaker in advance. But, this will be at your expense.
5. Do not apply any make-up, face creams, or moisturizers on the day of surgery. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt. Please do not bring any unnecessary valuables with you to the office.
6. Nail polish must be removed to allow for proper monitoring of your oxygen levels. Acrylic nails must be removed from at least 2 fingers (1 on each hand) to allow for proper oxygen monitoring.
7. You should remove ALL piercings from your body.
8. We recommend having a light breakfast the morning of your planned J Plazty procedure.

### AFTER CARE

1. You will leave the center with a bandage around your face and neck.
2. Tylenol can be taken as directed for pain. Narcotic medication may be taken if over-the-counter medication is not sufficient. You must continue to avoid the restricted medications for 5-7 days after the procedure.
3. Keeping your head above your heart level will help reduce swelling during the first 3-4 days.
4. Do not move your head up or down and avoid turning to the side until cleared by Dr. Hilinski.
5. Do not engage in any activity that will increase your blood pressure and/or heart rate.
6. Dr. Hilinski will likely do a wound check with bandage change within the first 1-3 days after the procedure. Another bandage will be applied and should be worn continuously for the first week of recovery. Thereafter, it is recommended that J Plazty patients wear bandages for upwards of 4-6 weeks when not in the public eye.
7. During the first several weeks of healing, the incision sites may appear slightly puffy and feel somewhat dense. This is normal healing. You may apply topical antibiotic ointment (Bacitracin not Neosporin/Neomycin) twice a day to promote optimal healing during this early healing period.

### QUESTIONS?

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.