



Patients Instructions

- Rhinoplasty
- Blepharoplasty
- Chin Implant Surgery
- Facial Fat Injection
- Buccal Fat Removal
- Eyebrows Lifting
- Lip Lift Surgery
- Double Chin Liposuction

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By reading and following these instructions, you will have an easier recovery after your surgery!

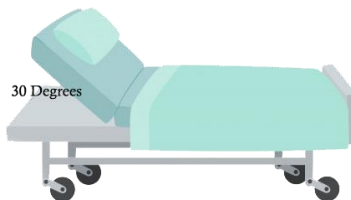
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Rhinoplasty Instructions

- 1) Because of taking hypnotic drugs, patients shouldn't eat or drink at least an hour after entering the normal section. After about an hour, and in the absence of nausea, the patient (after getting permission from the nurse) can drink sweet liquids like fruit juice or water, slowly.
- 2) Nausea after surgery may occur because of anesthetic drugs. If you have nausea, please stop drinking and inform the nurse. Rarely, due to hypersensitivity to anesthetics, severe nausea and vomiting (which usually contains blood) will occur. Fortunately, this situation will be temporary. It is better to stop eating and drinking till the nausea is over.
- 3) Patients are advised to eat soft foods like soup and stews for first two days after the surgery.
- 4) For patients with thick skin, or patients who have acne on their skin, it is recommended that they take natural juices.
- 5) If possible, adjust the bed level and put the upper body of the patient in a state of 30 degrees to have less congestion and swelling in his head and face.



- 6) Having blood and plasma in the patient's nose bandage for several hours (sometimes up to 4 days) is normal and is not a sign of bleeding. Of course, this case is more severe in men.
- 7) Intermittent use of ice and cold compress on the eyes and nose for 48 hours is recommended (when sleeping, do not use ice compress). It is mentioned that ice compress will not cause or aggravate sinusitis.



8) Prediction of discharge time is approximate and depends on the patient's general condition, but in most cases, if the patient does not have vertigo and nausea (for about 3 hours after surgery) he can go home with nurse's permission.



9) Since many patients are weak and lethargic after nose surgery (for 24 hours), the use of toilet should be made with caution and with hands holding the walls.

10) At home, it is recommended that the patient rests (during the day) in a semi-upright position. For example, like the position when a person usually sits in front of the TV, then the patient will have less swelling.

11) When sleeping, using an extra pillow under the head helps to reduce swelling of the face.

12) Preferably for 2 nights, it is better that the patient sleeps in a supine position and after that the patient can sleep on the sides.

13) If there is no vomiting, the patient can eat low-fat soup 8 hours after nose surgery.

14) Patients are advised to eat soft foods like soup and stews for first two days after the surgery.



15) Please start taking prescribed medications from the moment of arriving to hotel. Generally, medicines contain 20 capsules cephalexin (every 6 hours – 1 capsule) and 10 tablets of acetaminophen with codeine (every 4 hours – 1 capsule) and a half liter of serum washing salt and eye vitamin A ointment and phenylephrine drops.

16) Some of the patients feel pressure in their nose but fortunately most of the patients won't have a lot of pain after nose surgery.

17) In case of pain, just use acetaminophen or acetaminophen with codeine. Taking any other medication (due to the risk of bleeding) is not allowed, unless you check it with us.



18) In most of the patients, a special kind of nasal tampons (called Silicone Tampons) is used, which has airways for an easier breathing. They will be removed from the nose, at the time of cast removal.

19) After removing the nasal tampons, start washing your nose regularly with saline solution. At least 4 to 6 times a day (using a 5ml syringe) pour saline into your nose and lead nasal discharge upward and spit them (slowly) out of your mouth or let them come out of your nose.

20) Note that you should not clean your nose for 2 weeks by snorting.

21) After removal of nasal tampons, usually because of swelling inside the nose, your breathing will be accompanied by some sounds and it will be difficult, but these problems will be solved gradually.

22) If you have nasal congestion, you can use phenylephrine for maximum 5 to 7 days to improve breathing. (3 drops in each nostril, in the morning and at night).

23) It is recommended to keep inside of your nostrils greasy, so please use Vitamin A Ointment 2 times a day.

24) It is possible that because of swelling inside your nose, one side or both sides are blocked, in that case, do not worry.

25) Having blood or plasma, the patient's nose bandage will be bloody. Therefore, for the convenience of the patient, try to replace it every 8 or 10 hours, if necessary.

26) For changing the bandage under the nose, use a gauze (sterile) and a roll of tape, for holding the bandage.



27) Sneezing and a runny nose are common, and often not a sign of a cold. Please keep your mouth open when you sneeze to avoid applying pressure to your nose. If the number of sneezing is annoying, taking the pills of Antihistamines Decongestants (1 tablet every 12 hours or every 24 hours), can partly control it.



28) Swelling and bruising around the face and eyes depends on the type of operation, operation's duration, patient's skin, the thickness of the nasal bones, type of anesthesia and the patient's age. Bruises usually begin a few hours after the surgery.

29) Bruising and swelling in the second and third days reach its climax and then gradually will be reduced.

30) Rarely, bruising and swelling of the face and eyes may be non-symmetrical. In one side it might have greater intensity. This issue will be resolved spontaneously.

31) Sometimes asymmetrical swelling leads to tilt of the cast (plaster) of the nose, which is not worrying. With the removal of the cast (plaster), this feeling will be relieved.

32) Wearing glasses is not permitted for 8 days after the surgery. After 8 days you can wear glasses. (You should wear light weight glasses.)

33) Using contact lenses from the fourth day onward is allowed.



34) Patients who have stitches on their nostrils can dislodge blood clots on the fifth day. To remove blood clots, use a cotton soaked in alcohol/water and rub it on the stitches. Usually from the fourth day onward, some of stitches will fall-off spontaneously.

35) Cast (plaster) on your nose must not get wet. If you want to take a shower, please only wash your body. If you want to wash your hair, it's recommended to go to saloons, in order to avoid the cast getting wet.

36) Usually, 5 to 7 days after nose surgery, cast (plaster) on your nose will be removed by my assistant. One hour before coming to the office for removing the cast, take a complete shower with lukewarm water, and make your nose cast thoroughly wet.

37) If your nostrils are stitched, the stitches will be removed at the same day of cast removal.

38) Sometimes for patients with thick skin (oily skin), cast (plaster) on their nose will become loose sooner than the expected. In this case, inform me or my assistant at the earliest.



39) If you are given additional cartilage, please keep them in a cool and dark place.

40) Laughing or talking too much, is not harmful to the nose, and is allowed.



41) If your nostrils are cut, you can use scar repair creams (Stratamed, etc.) on the cuts. Please use it 7 days after the surgery, and use it for 2 weeks. Apply twice a day.

42) All stitches inside of the nose are absorbable and will fall off or absorb by themselves.

43) It is recommended to the patients with thick skin not to eat honey, dates, walnuts, wine, chocolate and sweets for 2 to 4 weeks after the surgery.

44) After the surgery, the incidence of discoloration around the nose and face and having red acnes in some patients is normal.

45) The patients with thick-skin and oily noses, should avoid solarium for 6 months after surgery.

46) Having normal breathing after the surgery can take up to 2 months. Breathing difficulties are usually normal after the surgery and it's not worrying.

47) Snoring after the surgery in patients who have snoring background, or are over-weighted is normal. These patients should avoid gaining weight.



48) Having some asymmetries in the first few months after the surgery is normal. As the swelling is reduced, most of the asymmetries will go away.

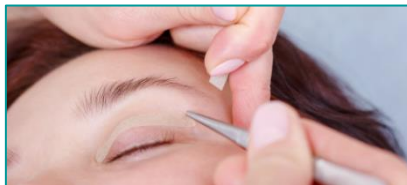
49) Two months after the surgery, usually the patient might smell stench inside the nose which is due to the stitches falling off. By washing inside the nose using saline wash, the bad smell will fade away.





Blepharoplasty Instructions

- 1) Please use ice compress on the eyelids area for the first two days.
- 2) Please use one extra pillow under your head during sleeping time for 3 nights after the surgery.
- 3) Please use cotton swab soaked with Gentamicin (antibiotic cream) on the stitches area twice a day. Be careful that the cream doesn't go inside of your eye.
- 4) You should be careful to keep your eyes closed during the sleeping time for the first 3 nights after the surgery. In order to keep your eyes closed, you should use Vitamin A ointment inside your eyes before sleeping to keep inside of your eyes greasy.
- 5) For the first few days after the surgery, your eyes might become sensitive and you may experience tears, irritation or redness. If you face any of these conditions, you can use artificial eye drops, 1 drop each eye every two hours.
- 6) After 6 days, if you don't have swelling, redness and irritation around your eyes, you can start wearing make-up.
- 7) Stitches which are used during Blepharoplasty shall be usually removed 10 days after the surgery.



- 8) Two days after the surgery, you can take a complete shower.
- 9) It's recommended to use healing creams (Cicalfate or Stratamed) on the stitches area one week after the surgery. Be careful that the cream doesn't go inside of your eye.





Chin Implant Instructions

Fortunately, Chin Prosthesis Surgery is a type of facial plastic surgery with lowest complications and usually doesn't have any special aftercare instructions but the below points should be considered:

- 1) You can remove your chin tapes, two days after the surgery.
- 2) Usually, the stitches used during the surgery will be removed after 7 to 10 days from the surgery date.
- 3) Maybe you experience the lips to be numb after the surgery. Lips being numb will go away after a few days.
- 4) Maybe you experience speech problem a few times for the first two weeks after the surgery. It will go away after a while and you won't have any speech problem later.
- 5) Eating soft foods (easy to chew) is recommended for the first 3 days after the surgery.
- 6) If you visit a dentist later, please make him aware of the chin prosthesis which exists in your chin. He shouldn't inject numbness medicine to your chin prosthesis.



- 7) During the surgery because of manipulating lip and chin muscles, your lips and chin movements during laughing or talking, might be asymmetrical. This normal and this issue will fade away 2 to 4 weeks after the surgery.





Facial Fat Instructions

1) As most of the injected fat will be absorbed after 2 or 3 months from surgery date, so during the surgery the fat is over-injected to the face so that it could atone the lost fat. As a consequence, the patient's face will be deformed during the first 10 days after fat injection.

2) The patient's face can be asymmetrical for the first 2 weeks after facial fat injection which is natural and it's due to more swelling in one side of the face than the other side.



3) To have less swelling, please use one extra pillow under your head during sleeping time for first 5 nights after facial fat injection.

4) Walking will help the patient to have less swelling but resting in the bed can cause more swelling.

5) Please use less amount of salt in your foods to have less swelling and to help the swelling go away sooner.



6) You can remove the tapes which are used under your eyes and on your cheeks, 3 days after fat injection, while you are taking shower.

7) Using ice on the areas where fat is injected, can help to reduce the swelling for the first 2 days. After 2 days from fat injection, there is no need to put ice.

8) You should stop smoking cigarettes or hookah (shisha) for the first 2 weeks after facial fat injection as they can be very dangerous for fat cells.

9) You should not massage your face for the first 2 weeks after fat injection. After 2 weeks, if one part of your face is more swollen than the other areas, you can massage them if I confirm you.

10) Please don't sleep on the sides for 5 nights so that the injected fat in the cheeks area doesn't move.



11) Please don't go under direct sun light after facial fat injection for 4 weeks after the fat injection, and please use sunscreen cream which SPF is higher than 30.



12) As face movements can cause loss in the injected fat, so please try to talk shorter during first few days after facial fat injection. Please laugh less and smile instead.

13) Don't eat foods which are hard to chew for the first 3 days after facial fat injection. Instead, please eat soft foods and if your lips are injected as well, don't drink with straw.

14) If your lips are injected, please lubricate them 6 to 8 times a day using Vitamin A ointment.

15) You don't need any medicine except antibiotic tablet (Cephalexin). Please use 1 Cephalexin tablet every 6 hours for 5 days.

16) Being hungry is extremely dangerous for fat cells, so please avoid being hungry for first two weeks after facial fat injection. Please eat carbohydrates meals at 11:00 in the morning and 18:00 in the afternoon.



17) Please do not use fat burning or slimming medicines during the first 3 weeks after facial fat injection.

18) For the first month after facial fat injection, please don't do cardio exercises (treadmill or bicycle). Instead, you can have light and slow exercises.


19) For the first 3 weeks after fat injection, please take 2 multivitamin tablets per daily.

20) The remained fat in your face after 3 months from fat injection date, will be the permanent amount of fat which you will have in your face.





Buccal Fat Pad Instructions

- 1) After Buccal Fat Pad Surgery, there is no need to stay in the hospital and the patient will be discharged at the same day of surgery.
- 2) Small cuts and stitches which are in the patient's mouth (1 cm cut close to wisdom tooth), will be healed a few days after the surgery and there won't be any sign of them. The stitches are absorbable.
- 3) During the first week after Buccal Fat Surgery, you should only eat soft foods.
- 4) After the surgery, please wash your mouth using mouthwash, 3 times a day.
- 5) After the surgery, please take Cephalexin capsules (antibiotic). (20 capsules in total – every 6 hours, 1 capsule).
- 6) Unless the scar is totally healed, don't smoke tobacco. 
- 7) During the first week after Buccal Fat Surgery, do not touch the cuts and stitches inside your mouth with your tongue.
- 8) After the surgery, the patient's cheeks might have swelling for 2 to 3 weeks. This swelling is absolutely normal and will fade away by itself.
- 9) For a while after the surgery the patient might be required to wear special facial garment upon Dr. Yahyavi's decision.
- 10) Asymmetrical swelling of the face which is due to the blood accumulation in one side of the face, is very common and will fade away little by little.
- 11) Final result of Buccal Fat Pad Surgery might not be shown until a couple weeks after the surgery. Please have patience.
- 12) Please avoid folding your head downwards and putting any pressure on yourself for 48 hours after the surgery.





Eyebrows Lifting Instructions

- 1) After Eyebrows Lifting Surgery, there is no need to stay in the hospital and the patient will be discharged at the same day of surgery.
- 2) After the surgery, please keep the stitches area clean. If your cuts are made inside the hair, there is no need to have special aftercare, but if your cuts are after the hairline, then rub Gentamicin ointment on the stitches, 3 times a day.
- 3) Three days after Eyebrows Lifting Surgery, you can take a shower. Before showering, please rub Gentamicin ointment on the stitches.
- 4) After the surgery, you might face some symptoms like bleeding, redness and secretions. All of these are normal and usually fade away by themselves, 4 to 5 days after the surgery.
- 5) After the Eyebrow Lifting Surgery, you will face swelling around the surgery field. This swelling varies from one patient to another, but it will increase 3 days after the surgery and then will come back to normal little by little.
- 6) After the surgery, while resting or sleeping, please use 2 pillows under your head, so that you could have a better blood circulation and avoid having too much swelling or bruising.
- 7) Usually, it's possible to remove the stitches, 10 days after the surgery.





Lip Lift Instructions

- 1) After Lip Lift Surgery, there is no need to stay in the hospital and the patient will be discharged at the same day of surgery.
- 2) Avoiding sleeping on the face and while sleeping, please use 2 pillows under your head.
- 3) During the first 2 days after the surgery, please put ice compress on your lips.
- 4) Limit your facial movements and avoid laughing, talking or chewing too much, especially during the first week after the Lip Lift Surgery.
- 5) Rub Vitamin A on the stitches, twice a day, for 2 weeks.
- 6) While brushing your teeth, please use a soft and small toothbrush.
- 7) Usually, it's possible to remove the stitches, 10 days after the surgery.
- 8) After Lip Lift Surgery, there is no need to take antibiotics.





Double Chin Liposuction Instructions

- 1) After Double Chin Liposuction, there is no need to stay in the hospital and the patient will be discharged at the same day of surgery.
- 2) After liposuction, face will be wrapped with bandages. You can open the bandages 3 days after the surgery and start using the special facial garment.
- 3) Three days after the surgery, the patient can take a shower.
- 4) Please use the facial garment 24 hours, for the first 2 weeks after the surgery. After these first 2 weeks, please use the facial garment during the sleeping time (at night) for 4 weeks. (You need to use it 6 weeks in total.)
- 5) Swelling around the face and neck of the patient, is absolutely normal and will fade away after the recovery period.
- 6) For the first week after the surgery, while resting or sleeping, please use 2 pillows under your head, in order to decrease the swelling.
- 7) During the first 4 weeks after Double Chin Liposuction, minimize the consumption of salt in your diet.
- 8) During the first 4 weeks after Double Chin Liposuction, do not smoke tobacco.
- 9) Having bruising, discoloration and dark skin around the liposuction field, is very common and there is nothing to be worried about.
- 10) Final result of Double Chin Liposuction might not be shown until a couple weeks after the surgery. Please have patience.

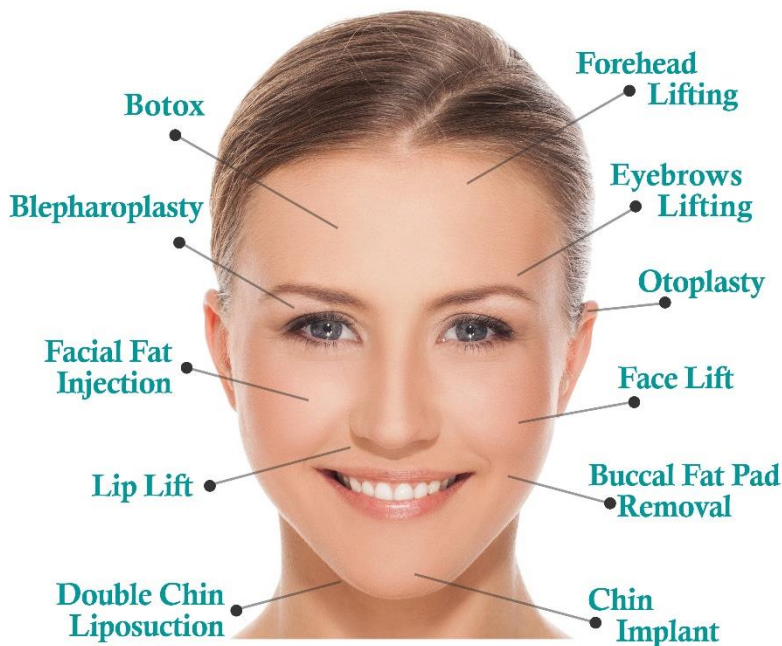


NOTES

Date:



Surgical procedures performed by Dr. Shahriar Yahyavi:








For more information, please visit our website:

www.Dr-Yahyavi.com/English



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