

Elite Plastic Surgery

ROZBEH TORABI, MD ■ RADBEH TORABI, MD ■ RAMYAR TORABI, MD ■ KRISTA SINCLAIR, FNP-C, RNFA
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel: (480) 291-6895 | Fax: (480) 948-3750
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

Internal Renuvion

Suggested Post-Procedure Guidelines

These guidelines may vary based on your individual medical history, the surface area(s) treated and with any combination therapies.

1. Rest for the first 12-24 hours. Mild daily activity for 2-3 days, then resume your normal activities as tolerated.
2. You may experience mild to moderate swelling, bruising, and soreness for 1-2 weeks following your procedure.
3. You may feel excess gas in your tissues (subcutaneous air), this is normal and will subside in 2-3 days, if you have any concerns contact your physician.
4. Do not apply ice or heat to the surgical area(s).
5. For neck procedures, sleep with the head of the bed elevated 30 degrees and keep the neck extended with a neck or towel roll.
6. Drainage from your incision sites may occur following your procedure. It is recommended to change your dressings every 4-6 hours for as long as you are having drainage. Wash incision sites with warm soap and water. Drainage should subside in 24-72 hours.
7. If a compression garment was used, you should wear as instructed by your physician. If the garment is not fitting properly, contact your physician.
8. Diet as tolerated. Drink plenty of fluids to stay hydrated.
9. Only engage in massage if instructed to do so by your physician.
10. Avoid direct exposure to sunlight until the surgical area is completely healed. Apply sunscreen as directed.
11. Call the office if you notice any signs or symptoms of distress or infection, such as; shortness of breath, redness, unusual bleeding, increased pain, marked increase in swelling, skin that is warm/hot to the touch or a fever of above 101F.

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12. Follow any medication instructions.

Medications Prescribed (not all medication may apply)

Please take all your medications as prescribed.

Scheduled Medications: Please take these medications as scheduled

Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow the prescription ordered) is an antibiotic you must take for a total of 5 days. (Note that antibiotics may impair birth control pills.)

(*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery) is used for the prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Tylenol (Acetaminophen) (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours)

As needed: These medications are scheduled “as needed” per your pain level. We provide you with many types of medications that focus on the “type” of pain you are experiencing. If you plan to take more than one of these medications, please plan to take them at least 2 hours apart as they can make you sleepy.

Toradol (ketorolac): 10 mg every 6 hrs = 15 tabs

Type of Pain relief: Anti-inflammatory: Swelling/Pain: (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatories while taking this medication.

Gabapentin (Neurontin): 100 mg; every 8 hours = 48 tabs (16 days)

Type of Pain relief: Nerve Pain: Itching/Burning/Tingling/Numbing/Sharp: (started day of surgery as needed, please follow the prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.

***this medication can make you sleepy, please do not plan to drive on this medication**

Cyclobenzaprine (Flexeril): 5 mg; every 8 hrs = 10 tabs

Type of Pain relief: Muscle Relaxer: Muscle spasms/Muscle cramping: (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

***please do not drive while on this medication**

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Oxycodone (Narcotic Pain Reliever): po every 4-6 hours as needed = 30 tabs

Type of Pain Relief: General pain (started day of surgery as needed, please follow the prescription ordered) is an oral narcotic prescribed to manage your pain.

***please do not drive while on this medication**

Docusate Sodium (Colace): Stool Softener: every 12 hours = 14 tabs (7 days)

Senna: Bowel Stimulant: every 12 hours = 14 tabs (7 days)

You may take the Colace and Senna together.