

WELCOME TO THE START OF YOUR *JOURNEY*

ARCHER FACIAL PLASTIC SURGERY

“The art of Facial Plastic Surgery is the ability to make each procedure as unique as the pursuit of *beauty* itself.”

Kaete Archer, MD

**INNOVATION
DEDICATION
COMPASSION**

WELCOME TO THE START OF YOUR *JOURNEY*
ARCHER FACIAL PLASTIC SURGERY

Kaete Archer, MD



Copyright, Legal Notice, and Disclaimer:

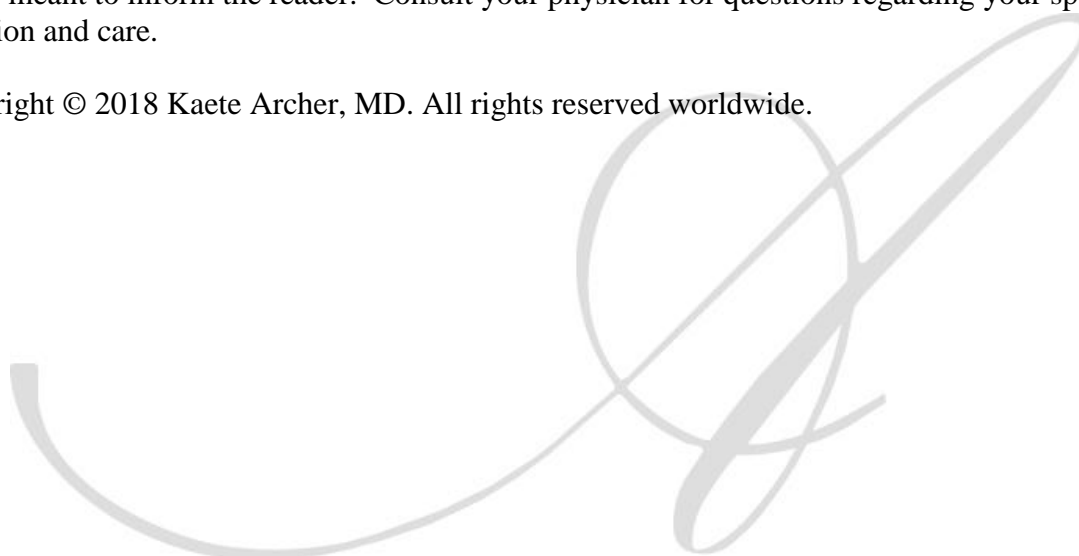
This publication is protected under the US Copyright Act of 1976 and all other applicable international, federal, state and local laws, and all rights are reserved, including resale rights.

Please note that this publication is based on personal experience and medical training. Although the author and publisher have made every reasonable attempt to achieve complete accuracy of the content, they assume no responsibility for errors or omissions.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners and are used only for reference. There is no implied endorsement if we use one of these terms.

This Guide is not intended to replace common sense, legal, medical or other professional advice, and is meant to inform the reader. Consult your physician for questions regarding your specific situation and care.

Copyright © 2018 Kaete Archer, MD. All rights reserved worldwide.



Dedication

This book is dedicated to my parents, Ernest and Marilyn, my brother, Graeme, and my sister, Jessica, who have surrounded me with unwavering love and support.



Foreword

“What is beauty to me? Beauty is an internal beam of light that glows externally of kindness, authenticity, confidence, passion for life, integrity and empathy for others. Beauty shines from within.”

~Amanda Bouslog, licensed medical esthetician and master cosmetic injector, Indianapolis, Indiana



Contents

<u>ARCHER FACIAL PLASTIC SURGERY TITLE PAGE</u>	<u>2</u>
<u>COPYRIGHT, LEGAL NOTICE, AND DISCLAIMER:</u>	<u>3</u>
<u>DEDICATION</u>	<u>4</u>
<u>FOREWORD</u>	<u>5</u>
<u>WELCOME TO OUR PRACTICE</u>	<u>6</u>
<u>MEDICATIONS TO AVOID BEFORE AND AFTER SURGERY</u>	<u>10</u>
<u>IMPORTANT INSTRUCTIONS FOR BEFORE SURGERY</u>	<u>13</u>
<u>IMPORTANT INSTRUCTIONS FOR AFTER SURGERY</u>	<u>14</u>
<u>IMPORTANT INSTRUCTIONS FOR AFTER SURGERY</u>	<u>16</u>
<u>CONTACT US</u>	<u>20</u>

Welcome to our practice

Thank you for your interest in Archer Facial Plastic Surgery! Whether cosmetic or reconstructive, there are many reasons to pursue a transformative procedure, and your journey through Facial Plastic Surgery is very personal. The art of Facial Plastic Surgery is the ability to make each procedure as unique as the pursuit of beauty itself. Dr. Archer is a double board certified Facial Plastic Surgeon who has dedicated her practice to empowering men and women through positive changes with compassion, innovation, and dedication.

If you look in the mirror and think about plastic surgery or the fact that you feel great but look tired – you are not alone. At Archer Facial Plastic Surgery, we offer many options to fit different lifestyles and interests including surgical and non-surgical rejuvenation. We will discuss Facial Plastic Surgery from not just a surgery standpoint but also incorporate skin health, facial wellness, and sun protection to maximize and optimize your results.

In this e-book, please enjoy reading about how to prepare for your procedure, how to optimize your procedure results and what to expect in terms of limitations and care after surgery.

We invite you to visit us at www.archerfacialplastics.com to follow Dr. Archer's blog and see Before and After photos in the Photo Gallery. We also invite you to follow us on Facebook, Instagram, and Twitter to learn about flash specials, new procedures, and office and community events. If you are interested in a consultation with our doctors, you can book a private consultation on the website or call our office for your exclusive consultation.

We look forward to meeting you!

Love,

Archer Facial Plastic Surgery

How to optimize your procedure results

To support healing and help diminish swelling and discoloration following surgery, we recommend using **VitaMedica** – physician formulated, medical grade, homeopathic wellness supplements. For larger procedures, we recommend the **VitaMedica Recovery System** 2 weeks before and 2 weeks after your surgery. For smaller procedures, use the **VitaMedica Healing Support** Program for 3 days before and 7 days after your surgery.

Homeopathic, physician-formulated, all natural, gluten free **VitaMedica Arnica Montana** is recommended for 2 weeks after your procedure to decrease bruising. We offer sublingual tablet and topical formulations that work synergistically to restore bruised skin. Start tablets (3 tabs/3 times a day) and topical formulations (3x/day) the evening of your procedure.

Avoid extensive UV and sun exposure for 2 weeks before and after your surgery. Significant sun exposure can discolor scars and make them more noticeable. We offer a physician formulated, gluten free, noncomedogenic, and fragrance free **EltaMD sunscreen** for many skin types. Every patient receives an individualized **Skin Kit** to optimize results which includes an **EltaMD sunscreen**.

Dr. Archer encourages Platelet-Rich Plasma (PRP) with all surgical procedures. Naturally, platelets travel to an area of injury and release growth factors to stimulate healing. PRP is your own *optimally* concentrated platelets that are used in surgery to promote the fastest recovery and healing.

Do not take herbal supplements, weight loss preparations, green tea, or nutraceuticals (excluding those we have instructed you to take) for 2 weeks before surgery. You have been given a list of the most common herbals to avoid, but every unsafe medication cannot be listed. Please call the office if you have any questions.

Avoid blood thinning medications 2 weeks before and 2 weeks after surgery. You have been given a list of blood thinning medications to avoid. Please call the office if you have any questions.

Remain alcohol free for 1 week prior to surgery and 1 week after surgery. Red wine, in particular, should not be consumed for 2 weeks prior to surgery and 2 weeks after surgery.

Do not smoke for 2 weeks before surgery. This includes using Nicotine gum, lozenges, and patches. Smoking/nicotine use before and after surgery can result in post-operative complications including, but not limited to: infection, sloughing of skin, and wound disruption (opening of the surgical site). Continue to avoid smoking for 2 weeks after any surgery.

Narcotic pain medications can cause constipation. Drink plenty of water, add high fiber foods to your diet, start stool softeners and a Probiotic before surgery, and/or use a laxative, if needed.

You will have a pre-operative appointment 2 weeks before surgery to review prescriptions, stopping medications, instructions for before and after surgery, review any labs/EKG, and go over a short shopping list of items to make your recovery as smooth and comfortable as possible.

Medications to avoid before and after surgery

Discuss these medications with your surgeon before your procedure.

We cannot list every unsafe item on our precautions list so be sure to tell us every medication you take. All of these medications must be avoided for 2 weeks before surgery and 2 weeks after surgery.

ASPIRIN AND ASPIRIN CONTAINING MEDICATIONS, include, but are not limited to the following:

Aka Seltzer/Plus	BAC	Encaprin	Orphengesic Forte PAC
Anacin	Bayer Aspirin	Equagesic	Pamprin
APAC Tablets	Bufferin	Exedrin	Percodan/Percodan Demi
APC Tablets	Butalbital Compound	Fiorinal/#3	Propox Compound
Arthritis Pain Reliever	Carisprodal Compound	Lortab ASA	Robixisal
Arthropan	Cope	Magnaprin	Sine Off
Aspirin Tablets USP	Darvon Compound/65	Measurin	Sodium Salicylate
ASA	Doan's Pills	Midol	SOMA Compound
ASA + Codeine	Ecotrin	Momentum	Synalgos
Ascriptin	Emprin Compound	Norgesic/Norgesic Forte	Synalgos DC
Asperbuf	Compound #3	Orphengesic	Trigesic
Aspergum			Vanquish

ANTI-INFLAMMATORY MEDICATIONS include but are not limited to the following:

Advil	Daypro	Meclomen	Ovuvail
Aleve	Dolobid	Motrin	Phenylbutazone
Anaprox	Feldene	Nalfon	Ruten
Ansaid	Ibuprofen	Naprosyn	Tolectin
Butazoladin	Ifen	Naproxen	Toradol
Cataflam	Indocin	Nuprin	Volaren
Clinoril	Indomethocin	Orudis	

BLOOD-THINNING MEDICATIONS to avoid, include, but are not limited to the following: These medications need to be discussed with your prescribing physician on when to stop and re-start prior to and after your surgery.

Coumadin	Methotrexate
Elmiron-1C	Plavix
Fragmin	Persantine

DIET MEDICATIONS to avoid, include, but are not limited to the following:

Adipex
Meridia
Phentermine

HERBAL MEDICATIONS include but are not limited to the following:

5-Hydroxytryptophan (5-HTP)	Cranberry	Ginseng-Siberian	Pyridoxine (Vitamin B6)
Acai Berry	Cysteine	Glucosamine Sulfate	Royal Jelly
Aloe	Damiana	Goldenseal	SAMe=
Astragalus	Dong Quai	Gotu Kola	S-adenosylmethionine
Bee Pollen	Echinacea	Grapeseed Extract	Sarsaparilla
Bilberry	Ephedra (Ma Hung)	Green tea	Saw Palmetto
Black Cohosh	Evening Primrose Oil	Guarana	Spirulina (Blue-green algae)
Bovine Colostrum	Feverfew	Kava Kava	St. John's Wart
Bromelain	Fish oils (omega-3 fatty acids)	Lecithin	Stinging nettle
Cascara Sagrada	Flaxseed Oil	Lovaza	Valerian
Cat's Claw	Ginger	Melatonin	Vanadium
Cayenne	Ginkgo Biloba	Milk Thistle	Vitamin E
Chondroitin	Ginseng-Asian, Korean (Panax Ginseng)	MSM	Zinc
Chromium		Phenylalanine	
Coenzyme Q10			

ADDITIONAL MEDICATIONS to avoid, include, but are not limited to the following:

Accutane (6 month)	Evista (72 hours)	Nicobid	Surmontil
Chloratrimeton	Flagyl	Oraflex	Tagamet
Clinoril	Flexoril	Pamelor	Tenuate Dospan
Elavil	Imitrex	Parnate	Tetracycline
Endep	Lioresal	Phendimetrazine	Triavil
Etiafon	Mysteclin F	Pentermine	Vibramycin
		Ru-Tuss	Zomax

Important instructions for before surgery

1. On the day of surgery, before coming to the surgery center, please remove makeup and hair products, false eyelashes, wigs, hairpieces, contact lenses, and jewelry. We prefer you leave these items at home.
2. For your convenience, you will receive several medication prescriptions at your pre-operative appointment. Please have the prescriptions filled before your surgery. If you are prescribed an antibiotic, please start this 24 hours prior to surgery.
3. You may be asked to have lab work, an EKG, and medical clearance done prior to surgery. It is best to have these done as soon as possible, ideally 2 weeks before your surgery.
4. You will need to arrange for a friend or family member to pick you up after surgery and plan to stay with you the night of surgery. It is imperative that you not be alone following surgery.
5. Take all of your medications as scheduled. Most of your usual prescribed medications should be taken on the morning of surgery with a small sip of water only. (Most notably: blood pressure medications and heart medications.)
6. Stop use of any blood thinner medications, such as Plavix, Coumadin, aspirin, Motrin, Aleve, and ibuprofen products as instructed. If you need something for pain between now and the day of surgery, take Tylenol. Do not take aspirin, baby aspirin, ibuprofen, Aleve prior to surgery (refer to sheets of medications to avoid).
7. If your primary doctor starts you on a new medication between now and your surgery, please call our office.
8. Do not eat or drink anything after midnight the night before surgery (including the morning of surgery). This includes water and gum.
9. If you develop a cold, fever, chills, fatigue, fever blisters or skin eruption on the face prior to surgery, please call the office. None of these necessarily mean your surgery will need to be postponed or cancelled, but we may wish to give you some additional instructions.
10. Do not smoke cigarettes or use any tobacco products at least 2 weeks before and after surgery.
11. See shopping list for all items you will need after surgery.

Important instructions for after surgery

It is very important for your smooth recovery that you carefully follow your doctor's instructions. Do not hesitate to call should any questions about your anesthesia, condition or care. You may reach Dr. Archer at 321-218-4577 office or 501-472-9226 cell. If you cannot reach Dr. Archer at the office or cell number and feel that you have an urgent problem, go to the **Emergency Department** or call **911**.

Report any of the following immediately to Dr. Archer:

1. Temperature greater than 101 degrees F
2. Incision-redness, swelling, drainage, bleeding
3. Your pain is not relieved by the medication prescribed
4. Nausea/vomiting that is not relieved by medication prescribed

You may experience dizziness, drowsiness, or light-headedness after general anesthesia or IV Sedation.

1. You must have a responsible person drive you home and a responsible adult to stay with you.
2. You should not drive, ride a bicycle, operate machinery or power tools or handle dangerous items such as hot grease or boiling water.
3. You should not sign any legally binding documents.
4. We recommend 7-10 days off of work depending on your surgery.
5. You may experience a sore throat for the first 24 hours following surgery.

Diet:

1. We recommend clear liquids (Gatorade, Sprite, etc) for the day/evening of surgery to avoid upset stomach.
2. You may have toast or crackers when taking your medications.
3. Light diet of easy to prepare meals is recommended for the first week. Avoid spicy, greasy and fried foods.
4. You should not consume alcoholic beverages for 2 weeks after surgery.

Activity:

1. You may begin light walking as exercise. You are encouraged to walk around as much as possible.
2. For the 2 weeks, avoid any activities that may increase your blood pressure or heart rate such as cardio exercise. This may lead to bleeding and a collection of blood that may require surgery to treat.
3. Sleep with head elevated either on 2 pillows or in a recliner. Some patients will put pillows under the mattress to elevate their head.
4. No lifting >5lbs, no bending over, no straining for 2 weeks after surgery.

5. Can start cardio exercise 2 weeks after surgery and weight lifting 3 weeks after surgery.
6. Avoid sun exposure without sunscreen after your surgery. This can cause your scars to be darker.

Important instructions for after surgery

Surgery specific instructions for taking care of your face after surgery

FACELIFT (RHYTIDECTOMY)

1. Clean incision area (around ears) with peroxide on a q tip. Then apply a layer of Bacitracin to keep your suture line moist at all times. You will need to repeat this routine 4 times a day for 1 week. You will then be given new instructions at your one week post-op visit.
2. You will be given a neck wrap the morning after your surgery. Wear this wrap for the next week as much as possible. You may take it off for cleanings and showers.
3. It is common for the swelling and bruising to increase for 2-3 days following surgery. It is strongly recommend that you use cold compresses (wash cloths soaked in ice water) and ice packs during this time to help keep the swelling to a minimum.
4. Watch for any abnormal swelling in front, behind, or under the ear areas shaped like a goose egg that feels firm or fluid filled (water balloon). If this were to happen, you would need to call the office. It may be a collection of fluid under the skin that needs treatment.
5. Shower at least once per day, shampooing your hair and cleaning behind the ears starting 48 hours after surgery. You can gently massage the incisions in the hairline with baby shampoo. We encourage you to use only baby shampoo to avoid stinging.
6. Do not use any hair products until you have returned for your 1 week appointment. Using regular hair products may cause stinging. After 1 week, you may use a little baking soda in the scalp to cut the grease. Please do not use peroxide in your hair. This may cause bleaching of the hair. Due to the numbness that you will have around your ears, we ask that you do not blow dry your hair unless you have a blow dryer with a cool setting. No hair color for 4 weeks.

RESHAPING SURGERY (RHINOPLASTY)

1. Your nasal splint will remain in place for 1 week.
2. You need to clean your nose $\frac{1}{4}$ of an inch into both nostrils with peroxide on a Qtip, then apply bacitracin to the inside of the nostrils 4 times a day to keep it soft and moist for 1 week. You will get further cleaning instructions at your 1 week appointment.
3. Your nose may bleed or have drainage for the first few days after surgery. Please wear the nasal dressing (drip pad) until it stops. Do not wipe the base of your nose with a tissue. Once the oozing stops, you do not need to wear the drip pad.
4. You should be breathing through your mouth during the first week of recovery. Try to keep your lips moistened with lip balm; they may become dry due to breathing from the mouth.
5. Very gently sniff the saline nasal spray 2 to 3 times a day in each nostril starting on the 2nd day after surgery. Continue for 2 weeks.
6. Use cold compresses as often as possible over the eye areas and sides of the nose during the first 2-3 days of recovery. These action will help to minimize swelling and oozing of blood.
7. You may shower on your 2nd day after surgery. Try not to let water hit directly on the splint and saturate it.
8. It is helpful if you can wean yourself off of the pain medications during the first week of recovery. Try taking extra strength acetaminophen (Tylenol) for pain or diazepam (Valium) and diphenhydramine (Benadryl) for restlessness. Do not take aspirin, Aleve, ibuprofen, and Motrin for 2 weeks after surgery. Do not take pain medications on an empty stomach as this may cause nausea/vomiting.
9. Keep a stiff upper lip. Try to avoid smiling or grinning during the first week of recovery. Brush your teeth with a baby toothbrush.
10. If you have to sneeze, do so with an open mouth. No nose blowing for 2 weeks after surgery.
11. No contact sports for at least 6 weeks after surgery.

EYELID SURGERY (BLEPHAROPLASTY)

1. Clean the eyelid suture lines 4 times a day with peroxide on a q tip then apply Maxitrol (prescription) over the suture line for 8 days. It is important to keep the suture lines lubricated with Maxitrol.
2. Before you rest or sleep, apply the OTC eye ointment (Genteal, Systane, Refresh, etc) to the inside edge of the lower eyelid. This will keep your eyes hydrated while you are sleeping. It will also make your vision very hazy, so only use when resting or when eyes feel dry and/or scratchy.
3. During the day, you **MUST** continuously use artificial tears in the eyes (Genteal, Systane, Refresh, etc). Do not wait for your eyes to become dry and scratchy. If you need to use this every thirty minutes to an hour that is fine. You cannot over lubricate your eyes. The more you use, the better they will feel. If you let your eyes get dry during the post-op recovery, you may develop a more permanent form of dry eyes symptoms.
4. If your eyes are tearing, it means the eyes are actually too dry and the tear duct begins over producing watery tears. If this happens, you need to increase ointment and drops in your eyes.
5. Try to wean yourself off of your pain medication as soon as possible. Try extra strength acetaminophen (Tylenol) for any pain or discomfort, diphenhydramine (Benadryl) or diazepam (Valium) for rest.
6. Please remember... bruising and swelling may increase for the first 2-3 days after surgery.
7. Ice the eye area for the first 3 days, 20 mins on and 20 minutes off while awake, as often as possible, using a clean wash cloth in an ice water bath.

RESURFACING (CHEMICAL PEEL, LASER)

1. Skin prep appointment with aesthetician 3-4 weeks before your treatment to start hydroquinone (HQ) and Retin-A. **Prep appointment:** _____
2. Stop HQ and Retin-A products 3 days before your treatment. **Stop date:** _____
3. We will apply **Laser Balm** on the treatment area right after your treatment. To do a cleaning, gently wipe off excess **Laser Balm** with a wet gauze (4x4) – warm tap water is ok. Then, wet another gauze (4x4) with warm water and apply small amount of **gentle cleanser** to the gauze to make it “sudsy”. Gently wipe the peeled area in small circles to remove the crusting/peeling skin off of the face/neck. Pat the face dry and re-apply **Laser Balm** to the entire treatment area. A chemical peel will not start to peel for about 3-4 days after the initial treatment.
4. Do 6 cleanings a day (while awake) beginning the day after your treatment. On the day of your treatment, do 1-2 cleanings.
5. Microdermabrasion and chemical exfoliation appointment with aesthetician 2 weeks after your treatment and re-start HQ and Retin-A. **Reveal date:** _____

Contact us

Thank you for learning about our philosophy, our physicians, and our procedures. We are excited to discuss these options further and answer questions.

With many convenient options to reach us, we make it as easy as possible for our patients to contact us for an appointment:

1. Phone: **321-218-4577**
2. Email: **drarcher@archerfacialplastics.com**
3. Schedule directly from our website: **www.archerfacialplastics.com**
4. Message us on social media:
 - a. Instagram **@archerfacialplastics**
 - b. Twitter **@ArcherMD**
 - c. Facebook **Kaete Archer, MD**

We can't wait to meet you!

Love,

Archer Facial Plastic Surgery

