

Laurence A. Kirwan, FRCS, Plastic Surgeon

General Instructions

Preoperative Instructions:

1. DO NOT TAKE ANY ASPIRIN PRODUCTS (Such as Ibuprofen or Advil) OR VITAMIN E tablets or gel caps, FOR 3 WEEKS PRIOR TO OR AFTER SURGERY. See also **Do's and Don'ts**. Aspirin thins the blood, causing bleeding and bruising. Tylenol or Paracetamol may be safely taken.
2. DO NOT SMOKE THREE WEEKS BEFORE OR AFTER SURGERY. SMOKING HAS A DIRECT EFFECT ON WOUND HEALING. THIS IS ESPECIALLY IMPORTANT FOR FACELIFTS, BREAST REDUCTION AND TUMMY TUCK SURGERY.
3. DO NOT DRINK ALCOHOL OR CAFFEINE FOR THREE WEEKS BEFORE OR AFTER SURGERY.
4. Shower and shampoo with *Antibacterial Soap* prior to surgery; paying particular attention to the surgical area. Do not apply creams of any kind or deodorant. Do not use spray deodorant at any time.
5. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF SURGERY. The only exception is medication which we or your GP instructs you to take with a sip of water.
6. Please wear a zip up top and pull up pants on the day of surgery. Sweats work well. Wear flat shoes – no high heels or sandals. Do not wear makeup, jewelry or panty hose. Remove all body piercings. These guidelines are for your safety.
7. Please have your pre-operative testing results faxed to the office @ 203 853 1862 well in advance of your surgery. Alternatively, send scanned results by e-mail to drkirwan@drkirwan.com
8. Ensure that your General Practitioner or private physician has given you a complete physical examination and clearance for surgery and that he has e-mailed or faxed the report to our office along with the results of any pre-operative examinations.

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Post Operative Instructions:

After surgery you will be transferred to the recovery room until you have awakened sufficiently to return home.

If you are having day-case or same day surgery A RESPONSIBLE ADULT (OVER 18) MUST DRIVE YOU TO HOME OR TO YOUR HOTEL AND REMAIN WITH YOU FOR 24 HOURS AFTER SURGERY.

You will need someone to drive you the next day for your follow up appointment.

Accommodation, nursing care and transport can be arranged if you are 'out-of-town' or do not have a family member or friend available. Please discuss your needs, when you schedule surgery.

1. You will go home with a bandage wrap or a garment. The dressing will be changed the next day. In the case of breast surgery, you may need to purchase a soft sports bra that hooks in the back, usually one cup size larger (breast enlargement) or smaller (breast reduction) than what you wear now. You will wear the soft bra for at least 2 weeks, once the bandage is removed. Sometimes, no bra is needed, simply a camisole top. Bring several sizes and styles to try when you come for your visit after surgery. Garments are generally worn day and night for at least two weeks after surgery and then during the day only, for 2 more weeks.
2. You may take showers during this time. If you are having facelift or brow lifting surgery you can wash your hair with tepid water and anti-bacterial shampoo, the day after surgery. Use a large toothed comb or brush to untangle your hair. Be gentle. Showers should be tepid (warm) not hot. Hot showers will make surgical sites swell up and become painful.
3. Most sutures are absorbable. A single stitch in the upper eyelid after eyelid surgery is removed after 4 days. Stitches in the lower eyelid are removed at 4 days. Stitches around the nostrils are removed after 4 days. Stitches under the chin are removed after one week. Staples in the scalp are removed after 10 days. Some stitches may be removed after 2 days. If unsure please ask.
4. Approximately 10 days after surgery, 'Kelacote' is recommended to be massaged into your scars with light pressure, at night, for a minimum of three months. This will help to prevent thick and raised scars. Elta sun block is also recommended to prevent hyperpigmentation. Bathing suits alone will not provide the necessary protection from the sun. Dr Kirwan also recommends Extra Mild Protection Cream (La Roche Posay) in the morning, to soften the scars. All creams should be applied in a thin layer only. These creams are available in our office. Other treatments may also be suggested for skin care such as the Kirwan Skin Program, Niadyne NIA 24/7 lotions, and Kinerase Intensive Eye Cream.
5. 6-8 WEEKS AFTER SURGERY, you may resume strenuous activities such as heavy lifting, golf, tennis, swimming, running, etc. but only if you can tolerate them comfortably. Start slowly.
6. If you have any questions, please do not hesitate to call the office @ 203 838 8844 (USA, CT) / or @ 212 838 8844 (UK/NY) and 020 7637 4455 (UK) – after 2:00 pm GMT.

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Skin Products

Lycogel

After five years of research and development, U.S. cosmetologist Barry Knapp developed **Lycogel®**, the **first truly breathable, completely safe camouflage and concealer products that oxygenate skin at the cellular level, and are suitable for immediate use after cosmetic procedures.**

Lycogel® uses the unique LYCO2™ technology which contains active ingredients, Live Yeast Cell Derivative (LYCD) and the unique triple-silica gel base which increases the amount of oxygen that reaches the skin whilst disguising, protecting and reducing bruising, blemishes and scars resulting from cosmetic procedures.

Doctors, skin specialists, aestheticians and beauty therapists use Lycogel® Camouflage, because it is the only foundation that has the ability to promote the healing of damaged or postprocedural skin, and is suited for immediate use after cosmetic procedures such as chemical peels, laser resurfacing, plastic surgery or dermabrasion. But Lycogel® Camouflage and Concealer aren't only for those with special makeup needs: they're for everyday use – improving the quality and texture of the skin.



Kelo-cote®

Kelo-cote®, the advanced formula scar gel

- Relieves itching and discomfort associated with scars
- Softens and flattens raised scars
- Reduces redness

Kelo-cote® is a patented topical silicone gel for the management and prevention of abnormal scars in the form of hypertrophic scars and keloids.

Silicone

Silicone is the clinical gold standard for scar treatment and scar prevention having demonstrated clinical efficacy over all other forms of topical treatments and is recommended by the “International Advisory Panel on Scar Management” as the first line therapy for these types of scars

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BioMedic® – La Roche-Posay Extra Mild Protection

Biomedic Extra Mild Protection 2oz /57 g is a moisturizer that soothes and protects the skin. It is great for all types of skin, but ideal for sensitive skin. It has a light, non-greasy texture that leaves the skin feeling smooth and healthy. Skin Type: All Skin Types, Ideal for Sensitive Skin
Ingredients: Water / Aqua -Cyclomethicone - Colpolyol Dimethicone - Cetyl Dimethicone - Behenyl Alcohol - Sodium Citrate - Dimethiconol - Propylene Glycol - Methylparaben - Propylparaben - Diazolidinyl Urea Volume



EltaMD UV Facial SPF 30+

3 oz Tube (Item #02284)

4 oz Jar (Item #02283)



- SPF 30+ with Zinc Oxide
- Specifically formulated to provide moisturizing UV protection for the face, either alone or under makeup
- Light, fluffy moisturizing base with an elegant feel
- For all skin types, especially moderate to dry skin types
- Ideal for post microdermabrasion, IPL treatments, chemical or glycolic peels and post laser treatment

Active Ingredients:

- 7.5% Octinoxate
- 5.0% Octisalate
- 4.5% Zinc Oxide

Inactive Ingredients:

Purified Water, Petrolatum, Isopropyl Palmitate, Cetaryl Alcohol & Polysorbate 60, Polyacrylamide, C13-C14 Isoparaffin, & Laureth-7, Glyceryl Stearate, Diethanolamine Cetyl Phosphate, Dimethicone, Citric Acid, Disodium EDTA, Sodium Hydroxide, Polyether-1, Phenoxyethanol, Methylparaben, Ethylparaben, Butylparaben, Propylparaben, Isobutylparaben, Triethoxycaprylylsilane

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Cetaphil® Gentle Skin Cleanser

As gentle as it gets.

Cetaphil® Gentle Skin Cleanser is great for daily makeup removal or as part of a skin care regimen to treat the dryness caused by topical medications used in the treatment of acne, fine lines and wrinkles. Originally formulated for dermatologists, it is gentle on your skin and sensitive to your skin's needs. Cetaphil® Gentle Skin Cleanser will not strip the skin of natural protective oils or emollients, or disturb the skin's natural pH balance. It is fragrance-free and non-comedogenic, making it an excellent choice for daily facial cleansing.



Recommended by Dermatologists for years for people with special skin needs like acne, rosacea, or eczema because of its gentleness. Cetaphil® Gentle Skin Cleanser is gentle enough for children, teens and adults.

Ingredients: Water, Cetyl Alcohol, Propylene Glycol, Sodium Lauryl Sulfate, Stearyl Alcohol, Methylparaben, Propylparaben, Butylparaben.