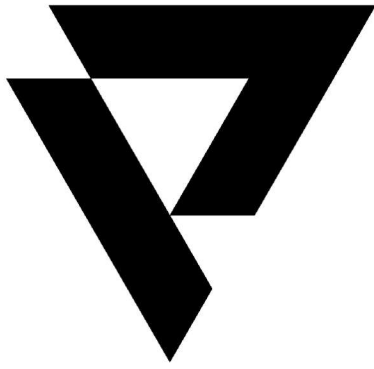


**Jigar Sitapara, MD**  
**Prime Facial Plastic Surgery**  
10285 Little Patuxent Parkway  
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301.302.7272

**AMAZON POST-OP LIST:** <https://a.co/cfYUsv8>

- Dr. Sitapara has curated these items to help you breeze through your recovery (\*please review ingredients for any allergies or contraindications\*):
  - L-Arginine Pro – Scientifically proven to aid in healing time and pain. Consume 1 scoop per day for the week before surgery and the week after surgery.
  - Vitamedica Bromelain – Studies show significant reduction in bruising. Take one pill per day for one week before surgery and the week after surgery.
  - Biocorneum Silicone Scar Gel – For use one week after surgery. Do not use on eyelid incisions.
  - General Gauze Sponges – Use as needed for wound care. Non-woven for comfort.
  - Extra Strength Tylenol – Lay a foundation of pain control before using additional pain medications for spikes in discomfort. 500mg rapid release tablets to take every 4-6 hours. Do not exceed 4000mg per day (8 tablets).
  - Active Skin Repair Hypochlorous Acid Hydrogel – Apply to incisions twice daily with clean hands. Allow it to dry before applying before bacitracin or other ointment. Do not apply to eye incisions.
  - Curad waterproof adhesive tape
  - Sleep options - We generally recommend sleeping with your head slightly elevated after surgery to reduce swelling. We also want you to be strictly sleeping on your BACK. Explore these options and see which one works best for you.
    - AM Aeromax Back Sleep Training Pillow – Design trains you to sleep on your back. Recommend placing on top of another flat pillow to keep head elevated. Machine washable cover.
    - Cozymaker Wedge – Elevate your head and neck to an optimum angle. May need to combine with an airplane neck pillow to prevent side sleeping.
    - Airplane Pillow – \*Hair Transplant Patients\* Bring with you ON THE DAY OF SURGERY.

Since no two patients are ever exactly alike in their surgical needs, type of surgery performed or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will so instruct you. Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.



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### **Preoperative Instructions**

If possible, do not take any Asprin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your surgeon know if this is not possible prior to your surgery.

Avoiding alcohol for 7 days prior to surgery can help with the healing process.

### **Postoperative Instructions**

It is very important to your well-being that you follow completely all instructions given to you by this office, and that we check your progress regularly following surgery.

The wound is very delicate. Please do not let the area get wet for 48 hours after the procedure. When it does get wet, gently pat it dry, DO NOT RUB.

Clean the area with Active Skin Repair Hypochlorous Acid Hydrogel or Hydrogen Peroxide twice daily. Apply bacitracin ointment with a clean Qtip to the area. Do this for one week or until the sutures are removed.

After this, you should apply Biocorneum Silicone Scar Gel or Aquaphor to the area to help it heal.

Walking is recommended after the surgery but avoid any activity that raises your heart rate or blood pressure. Between 1-2 weeks after surgery, you may progress to walking 3 miles for exercise. After 2 weeks, slowly reintroduce exercise into your routine. Do not engage in vigorous exercise or sports for at least 3 weeks, or until approved by our team.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our very best efforts to achieve the best surgical result possible for your particular individual anatomy and condition.