



John Hilinski M.D.
PLASTIC SURGERY

PERIOPERATIVE GUIDELINES – LASER PEEL IN SURGERY

PREOPERATIVE INFORMATION

Please read this document in its entirety within 1-2 days of receipt as the enclosed can and will greatly impact your surgical experience, recovery, and results.

PREOPERATIVE APPOINTMENT

During the preoperative appointment several important issues will be reviewed and finalized in preparation for your actual surgery. This includes an open discussion with Dr. Hilinski where you will have an opportunity to have your remaining questions answered.

We prefer to have you come into the office to see Dr. Hilinski in person for this visit. However, we understand that many of our patients live out of state and out of the country, therefore, a virtual preoperative appointment may be more feasible.

PREOPERATIVE MEDICAL CLEARANCE

If you have any active medical issues that put you at higher risk of undergoing surgery, Dr. Hilinski will require you to be seen by your primary medical doctor and/or a specialist to get 'medical clearance' to proceed with surgery. Medical clearance is, in essence, your other doctors confirming that your overall health is sufficiently stable to undergo surgery under general anesthesia. For example, if you have a history of heart and/or lung problems, you will need to make sure your specialist clears you to undergo the surgery recommended by Dr. Hilinski. **The onus for arranging and obtaining medical clearance is the responsibility of the patient – not our office.** As such, make sure you have satisfied this requirement prior to your preoperative appointment with Dr. Hilinski. In many cases, medical clearance will be predicated on you getting certain blood tests and/or other studies, such as an EKG or chest x-ray. Since these often need to be scheduled in advance, make sure you give yourself plenty of time to get them done. **Failure to get medical clearance in sufficient time may force us to cancel your surgery.** So, plan accordingly.

ESTABLISHING REALISTIC EXPECTATIONS

Before you make the final decision to have surgery, it is imperative that you establish realistic expectations regarding the surgical outcome.

The realistic goal of cosmetic surgery is aesthetic improvement in appearance. Toward this end, Dr. Hilinski will always strive to attain the best possible cosmetic outcome for you.

But it is vital for you to know and accept the fact that perfect results will never be achieved. There is no such thing as a flawless result. You will always have imperfections, asymmetries (differences between the right to left), unevenness and irregularities even after meticulous, well-performed plastic surgery.

The bottom line is there is no warranty when it comes to plastic surgery results. In other words, there is no money back guarantee if you are not happy or satisfied with your aesthetic appearance.

If additional surgery is requested to achieve a desired change and/or result, there may be additional surgeon fees, operating room charges and/or anesthesia fees that apply.



John Hilinski M.D.
PLASTIC SURGERY

OTHER RISKS

General

As with nearly all other surgical procedures, there are risks of infection, bleeding, bruising, tissue discoloration, over correction, under correction, functional problems, nerve issues, damage to adjacent structures, and the possibility that future and revision procedures may be needed to achieve improved results.

Unforeseen Conditions

On rare occasion, unforeseen conditions are encountered during a procedure. If this occurs, Dr. Hilinski may need to perform other procedures, which he may deem necessary or desirable to correct any unforeseen condition encountered during surgery.

Allergic Reactions

Occasionally, allergic or sensitivity reactions may occur from soaps, ointments, tape and/or sutures used during or after surgery. Such problems are unusual and are mild and easily treated in most instances. In extremely rare circumstances, allergic reactions can be severe and require aggressive treatment or even hospitalization.

If you cannot accept all the aforementioned, please do NOT proceed with having surgery.

AMBULATORY SURGERY CENTER LOCATION

Dr. Hilinski performs surgeries at his own fully accredited ambulatory surgery center, which is located at the same address as his office. The facility, The Hilinski Ambulatory Surgery Center, is owned and operated by Dr. Hilinski. Record keeping for the Hilinski Ambulatory Surgery Center are separate from those related to Dr. Hilinski's surgical practice. As a result, be prepared to fill out additional forms and sign different documents on the day of your surgery. These are records required by the surgery center.

FINANCING YOUR SURGERY

If you are financing your surgery, please do not reserve a date unless you are certain because when you do so, the entire surgical fee will be processed through your financing company. If you later decide to cancel your surgery (even with more than a 2-week notice), we will attempt to refund/reverse the transaction; however, there may be transaction fees, which cannot be refunded to you. If you cancel within 2 weeks (14 days) of your surgery date, our cancellation policy and penalties will apply.

CANCELLATION POLICY

When you ask our office to schedule surgery for you, we must do several things (long before the day of your surgery), including, but not limited to:

- Reserve the operating room.
- Secure the necessary professional staff (nurses and surgical technicians) who will be needed.
- Arrange for anesthesia coverage for your procedure. The anesthesiologist is effectively giving up other work to be available for your surgery.
- Order and pay for any surgical supplies and/or implants needed for your surgery.
- Prepare the required equipment and sterilize the necessary instruments.



John Hilinski M.D.
PLASTIC SURGERY

- We must turn down every other patient who may also want surgery on the day and time we have personally reserved for you.
- We also pay the office staff to ensure all the above is done for you, which can take a significant effort in many cases. At times, the office staff goes to great measures to accommodate patients and their desired surgical dates, under the expectation that patients will uphold their requests.

Because of these financial and time commitments we must take, we ask that you be definite about your desire for surgery and be certain that you have the funds available before asking us to get on our schedule.

The closer to your surgical date that you cancel, the higher the fee will be. Keep in mind these times below are NOT working days – they are calendar days.

Cancellation within 2 weeks: you will lose your 20% deposit.

Cancellation within 1 week: you will lose your 20% deposit plus \$2000.

Cancellation within 48 hours: you will lose 50% of the total charges of the procedure.

If you are rescheduling, you will be required to pay a new 20% deposit. Your initial deposit does not apply to rescheduled surgery dates. If you fail to follow our instructions in preparation for surgery and this is discovered on or near the scheduled date, Dr. Hilinski reserves the right to cancel your procedure and the above cancellation penalties will apply, including the additional rebooking deposit for a future date. Examples of this are patients who are told to stop smoking yet continue to do so and arrive at the center with obvious scents of smoke. If you take any blood thinning medications and/or supplements within 2 weeks of surgery – which will contribute to significant surgical and postoperative complications, this will prevent Dr. Hilinski from performing your procedure in a safe manner. In this situation, your surgery will be cancelled, and the above penalties will apply.

RESCHEDULING YOUR SURGERY

If you request us to change your surgery date, it creates an immense amount of work and challenge for our staff. We understand there are circumstances that do arise that are out of your control. However, such issues still leave our office with a logistical predicament that needs to be addressed. Please be respectful of the fact that we cannot guarantee a certain time frame in terms of rescheduling your surgery. Dr. Hilinski tends to have a long surgical wait time and you may find yourself waiting a significant period before getting back on our schedule. We will do our best to accommodate your new requested time, but, again, there is no guarantee this will be in a timely manner.

LEADING UP TO SURGERY

Prescriptions

Dr. Hilinski will send in your **pain medication** prescription around the time of your preoperative appointment, which is usually 10-14 days in advance. In addition, he may send in other prescriptions that may be needed for your procedure. **YOU MUST PICK UP THESE PRESCRIPTIONS WELL BEFORE YOUR SURGICAL DATE. DO NOT WAIT UNTIL THE DAY OF SURGERY TO GET THEM AS YOUR PHARMACY MIGHT BE OUT OF STOCK AND YOU WILL HAVE TROUBLE GETTING THE PRESCRIPTION FILLED. FOR OUT OF STATE PATIENTS, THERE MAY BE ISSUES WITH INTERSTATE PRESCRIBING RULES THAT**



John Hilinski M.D.
PLASTIC SURGERY

INHIBIT THE PRESCRIPTION FROM BEING SUCCESSFULLY TRANSMITTED. SINCE A CHANGE WILL REQUIRE A NEW ELECTRONIC TRANSACTION EACH TIME A PRESCRIPTION IS GENERATED, THIS WILL FURTHER DELAY PICK UP.

In an effort to calm down the melanin cells in your skin, Dr. Hilinski will prescribe **hydroquinone topical cream**. Hydroquinone is a bleaching agent for your skin. This should be started 10-14 days in advance of the laser treatment. The hydroquinone should be applied to any area where the laser treatment is planned. Apply a smooth, uniform layer once per day.

In an effort to reduce chances of viral blister formation (especially important if you have a history of cold sores and/or herpes), Dr. Hilinski will prescribe an **anti-viral medication** (such as Famvir or Acyclovir) that should be started 2-3 days prior to the laser and continued for 2-3 days after the treatment.

Isotretinoin

It is important that you have not been exposed to isotretinoin, more commonly known as Accutane, for at least 9 months prior to your laser skin treatment. **If you have been taking any form of isotretinoin within this 9-month period, you should cancel your laser treatment** and wait until sufficient time has passed. Failure to do so can lead to serious complications.

Smoking

You must refrain from smoking for at least four (4) weeks prior to surgery and at least four (4) weeks after surgery. You should also avoid being in the same room with people who smoke for the same period. Failure to do so will contribute to a significant risk of surgical complications, including very poor wound healing.

Alcohol

You should refrain from drinking alcohol within two (2) weeks of surgery.

Sun Exposure

You should avoid sun exposure to your surgical site within the two (2) weeks prior to laser and at least 12 weeks after the laser.

Self-Tanning

You should avoid self-tanning in the month prior to your laser peel.

Arnica

Start taking Arnica five (5) days prior to surgery. Arnica is a supplement that Dr. Hilinski recommends for his patients to help reduce the incidence of inflammation. Arnica will typically be provided to you at your preoperative appointment. If you are not having an in-person preoperative appointment, you can purchase a supply of Arnica at your local pharmacy.

THE NIGHT BEFORE AND DAY OF SURGERY

Topical Skin Products

Please remove all make-up, face creams, and moisturizers the night before your surgery and do not apply any of these on the day of surgery.

Nail Polish



John Hilinski M.D.
PLASTIC SURGERY

Nail polish must be removed to allow for proper monitoring of your oxygen levels if you are undergoing intravenous or general anesthesia. Acrylic nails must be removed from at least 2 fingers (1 on each hand) to allow for proper oxygen monitoring.

Piercings

You should remove all piercings from your body – including those outside of the head and neck region. If you fail to do so and we need to remove a piercing on your behalf, we will not take responsibility for damaging the hardware in the process of doing so.

Eating and Drinking

If your procedure is being performed with local anesthesia only, which is the case with some laser treatments that only involve certain parts of the face, you can have a light meal before your procedure, such as toast and orange juice or coffee. If you are uncertain regarding what type of anesthesia you will have, please call the office to clarify.

You must avoid eating and drinking (including water) after midnight the night before your scheduled surgery date if you are undergoing intravenous sedation or general anesthesia. Failure to do so can put you at risk of significant complications when being put under anesthesia.

Clothing

In preparation for the morning of your surgery, please have some comfortable, loose-fitting clothing. We prefer you come dressed in a button-down shirt as this minimizes concerns of you pulling a shirt over the face and neck region.

Hair

If you have longer hair, we ask that you place it in a high ponytail on the top of your head using a hair tie.

Valuables

Please do not bring any unnecessary valuables with you on the day of surgery as we cannot be held responsible for their loss and/or damage.

Transportation

You must arrange for proper and timely transportation to and from the surgery center. Typically, you will need to arrive one (1) hour prior to your scheduled surgery time but confirm this time with our staff if you are uncertain. If you are having intravenous sedation or general anesthesia, your ride home must be with a responsible adult that you know. You CANNOT take a cab, Uber, Lyft, or equivalent after having intravenous sedation or general anesthesia.

Assistance After Surgery

If you are having intravenous sedation or general anesthesia, be prepared to have a responsible adult remain with you for at least the first 24 hours after surgery to assist with your needs. Our staff will ask you for their name and contact information upon arrival to the facility. If you don't have a trusted individual to stay with you, we can assist with hiring a professional caretaker – but this must be arranged in advance, and this will be at your own expense.

GENERAL POSTOP GUIDELINES



John Hilinski M.D.
PLASTIC SURGERY

POSTOPERATIVE MEDICATIONS

Pain Medications

Dr. Hilinski will typically provide you with a prescription pain medication to be taken after surgery. Make sure you provide our office with accurate pharmacy information so that we can send this prescription well in advance of your surgical date. **You should have the pain medication in hand before the day of surgery.** If you wait until the day before surgery or the day of surgery to get your prescription filled, the pharmacy may not have it (which is not uncommon) – forcing you to run around looking to get it filled elsewhere (while you are in pain from the surgery. If this occurs, we cannot help you out with alternatives. So make sure you pick up the prescriptions well in advance.

Common narcotic prescriptions include Norco (Vicodin), Percocet and Tramadol. If you have any allergies or adverse reactions to any medications, please inform our office staff. Begin taking the pain medication as directed once you get settled after the surgery. Of note, it may take several doses of the pain medication (over 4-8 hours) before your blood levels get up to the point where you feel the full effects. In a great majority of cases, patients will use the prescription narcotics for the first 2-3 days of recovery. Thereafter, you can try to switch to using just over-the-counter Tylenol for pain relief. **Please remember that you still cannot use any of restricted medications during the first week of recovery.** The amount of narcotic medication prescribed to you should be ample in 99.9% of cases – meaning Dr. Hilinski will likely NOT provide you with a refill of the narcotic.

Anti-Virals

You should continue taking the anti-viral medication until the prescription course has been completed.

Benadryl

You may take some Benadryl during the first 1-2 days after surgery to help reduce your pain medication requirement since Benadryl can act as a sedative in this manner. Benadryl is over the counter and may be purchased at your local pharmacy. Take 1-2 tablets of these every eight (8) hours as needed.

Oral Antibiotics

Dr. Hilinski does not routinely prescribe oral antibiotics for surgery. If he does so for your particular case, these are to be started on the evening of your surgery and taken as directed until gone.

Arnica

Continue taking Arnica for upwards of one (1) week after surgery.

POST-OPERATIVE APPOINTMENT

In most cases, you will be scheduled to visit with Dr. Hilinski 5-6 days after surgery for your first post-operative appointment.

LASER PEEL RECOVERY

It is completely normal for your skin to appear red and inflamed immediately after the laser peel. You will also have a layer of emollient over the areas that were lasered.



John Hilinski M.D.
PLASTIC SURGERY

Some degree of burning and warmth are typical sensations patients experience in the first few days.

Swelling is normal after the laser peel – especially if you undergo a deeper peel. This may be particularly pronounced around the eyes. Swelling typically peaks around 3-4 days after the peel then begins to subside.

LASER PEEL WOUND CARE

TAKING PROPER CARE OF THE LASERED SKIN IS ABSOLUTELY CRITICAL TO ACHIEVING AN IDEAL RESULT.

DAY 1

- Apply ice cold compresses on the lasered areas with a CLEAN, damp, soft cloth for 10-20 minutes every hour to help relieve some discomfort and swelling.
- Apply a topical balm or emollient 3-4 times the first day to help keep the lasered skin moisturized. The skin should NOT dry out during the early healing process.
- If you were provided with SkinMedical 360 Power Duo, apply the Post Procedure Repair Complex to the skin first. Then apply the Restorative Ointment.

DAY 2-5

- Continue with the ice cold compresses as needed.
- Starting on day 2 of your recovery, begin cleaning the lasered areas. Cleaning should be done 4-6 times per day. The purpose of cleaning is to remove the weeping, yellow-brown discharge that will tend to accumulate over the lasered skin. You want to avoid this accumulation and minimize scabbing and crusting, which impede proper healing. But do NOT be so aggressive that you cause skin bleeding.
- Keep in mind that certain areas will heal faster than others depending on the depth of penetration of the laser.
- Vinegar soaks are recommended for the cleaning sessions. First put a teaspoon of white vinegar (the same vinegar you might have in your house already) into a cereal bowl sized vessel containing cold, clean water. Then soak 4x4 gauze in this vinegar solution. Place the 4x4 gauze onto the lasered skin. You want the 4x4 gauze saturated but don't allow it to seep around your eyes, nose or mouth. Leave the saturated 4x4 on the skin for 20-30 minutes. At this point it may appear as if the gauze is drying out, which is fine. Gently peel the 4x4 gauze off of the skin. You should visibly see some yellow-brown debris on the undersurface of the 4x4 gauze, which is what we want to see. This indicates you are doing a good job.
- Then apply a layer of the SkinMedical 360 Power Duo - apply the Post Procedure Repair Complex to the skin first. Then apply the Restorative Ointment.
- Again, this cleaning process should be done 4-6 times per day.

DAY 5-10

- By day 5, the skin surface should be much less inflamed, and the weeping discharge should have slowed significantly or stopped altogether. If there are scattered, residual areas that are still inflamed, continue cleaning them with the protocol referenced above for a few more days.



John Hilinski M.D.
PLASTIC SURGERY

- For all areas where the skin is no longer raw and weeping has stopped, you can forego the cleaning protocol – and start using only a bland moisturizer, such as Aquaphor, 3-4 times per day.

It is normal for the skin to feel tight. Itching is also normal in many cases. Peeling and flaking may be noted for upwards of 10 days after the laser peel. BUT NO MATTER HOW TEMPTING, DO NOT PICK AT THE SKIN OR SCRUB THE SKIN.

OTHER POSTOPERATIVE CONSIDERATIONS

Showering

Avoid showering during the first 4-5 days of recovery. If you must, you can shower from the shoulders down but you must avoid getting any of the lasered areas wet.

Sleeping

Starting on the day of surgery, you should sleep with the head elevated 15-20 degrees to help reduce swelling. In essence, you should sleep with your head above your heart level. You do NOT have to sleep bolt upright. To aid in moving side to side, many patients will use a travel pillow to help stabilize their head position.

Diet

Start with a liquid or soft diet during the first 1-3 days after surgery. High protein content is advised to help optimize the healing process. After 3 days, you can transition back to your normal diet, although you should continue to avoid salty foods for 4-6 weeks after surgery.

Fever

It is not unusual for patients to feel like they have a slight elevation in temperature (99-100°) during the first few days of recovery. In some cases, inadequate expansion of your lungs may be a contributing factor. Deep breathing 10 x per hour may help.

Brushing Your Teeth

You can start to gently brush your teeth the day after surgery. It may feel a bit tight when opening your jaw if laser treatment was performed around this area.

Makeup After Surgery

Do not resume wearing any makeup until cleared by Dr. Hilinski.

Sun Precautions

You should avoid direct sun exposure on the lasered areas for several months after surgery. Doing so will help minimize chances of abnormal skin pigmentation. It is best to use a sun block that contains aluminum oxide or zinc oxide crystals to help reflect sun if you are out and about. A wide brimmed hat is also helpful in shading the ears when outdoors.

Saunas

Avoid saunas and hot tubs for at least 3-4 weeks after the laser peel.

Exercise

In general, you should avoid vigorous exercise and strenuous activity for the first 7-10 days of recovery.



John Hilinski M.D.
PLASTIC SURGERY

TIMELINE FOR RECOVERY

Keep in mind that the timeline for recovery from cosmetic surgery is upwards of one (1) year. Although many patients feel like they appear socially acceptable in 10-14 days after surgery, there is still quite a bit of biologically healing that needs to take place. It is important that you take this into consideration as you allow your body to go through all the phases of surgical healing.

QUESTIONS AND CONCERNS

If you have any questions or concerns regarding the information contained here, please do not hesitate in contacting our office.