



ABSOLUTE  
COSMETIC MEDICINE

## FACIAL PROCEDURE CHECKLIST

Dear Patient,

Please find below important information regarding your procedure. If you have ANY questions at all, please do not hesitate to call our office on (08) 9389 9099 or email [drmurray@absolutecosmetic.com.au](mailto:drmurray@absolutecosmetic.com.au). Please watch the following educational videos regarding your pre-operative and post-operative care. You can access these videos by either Google or You Tube. Just type in the following sentences:

Video 1 - Patient General Preop Information Dr. Murray

Video 2 - Operative Day Education Dr. Murray

Video 3 - Summary of Operative Care Important Points Dr Murray

If you have any problems accessing these links please contact the Theatre COo ordinator and she will send you an email link for each one.

**FORMS - PLEASE BRING YOUR PROCEDURE PACK WITH YOU ON PROCEDURE DAY.**

Please return and initial ALL the consent forms. Your theatre nurse will witness your forms with you on the day of the procedure. If you have any questions regarding matters on the consent forms please do not hesitate to contact the clinic. Please ensure you understand all of these forms.

### PAYMENTS

FINAL PAYMENT is required SEVEN (7) DAYS BEFORE your procedure date and can be paid by:

Electronic Bank Transfer

BSB NUMBER: 086-334

ACCOUNT NUMBER: 56 227 0977

ACCOUNT NAME: Nixen Pty Ltd

REFERENCE: Please use your full name

We accept bank cheques, VISA, MasterCard, American Express or EFTPOS.

Unfortunately we DO NOT ACCEPT personal cheques.

A deposit of \$2,200 is required to book all procedures (non-refundable unless under special circumstances).

Your procedure deposit is NON-REFUNDABLE. Non-attendance or failure to comply with pre-operative instructions may incur full charges.

**PLEASE CALL THE THEATRE COORDINATOR  
AS SOON AS YOU RECEIVE THIS PACK**

**(08) 9389 9099**

## PRE-OPERATIVE

### BLOOD TESTS

Your blood tests need to be done at least 2 weeks (14 days) prior to your procedure. Your results will be sent directly to the clinic and we will only contact you if your Doctor wishes to discuss the results with you.

### BODY CARE

A thorough Chlorhexidine body and hair wash (antibacterial) is necessary on the morning of the procedure. This can be purchased from your local pharmacy.

If you have long hair please tie it back and remove all jewellery and piercings except wedding rings. Please remove nail polish, and fake/gel nails prior to the procedure.

### GARMENT

You may be required to wear a facial garment for a minimum of 1 week fulltime. These garments are an additional cost of \$50. Please note the Doctor may request you purchase an additional post-operative garment.

### SMOKING AND ALCOHOL

It is advisable that you keep your alcohol intake to a minimum for the week prior to your procedure. **SMOKING IS NOT PERMITTED** pre-operatively for 2 weeks and for 6-8 weeks post-operatively. Nicotine patches are permitted. Please note, if you smoke within 2 weeks of your procedure it may be cancelled without a refund.

Please visit useful link to assist quitting prior to surgery: <https://publications.qld.gov.au/dataset/quit-smoking-brochures/resource/9ab367a2-04ad-46d5-a03c-6d746de3c2e4>

### CLOTHING

For your comfort please wear LOOSE, DARK, COMFORTABLE clothing with buttons on the front - i.e. a tracksuit - NO tight jeans, pants, belts or tight tops. Flat shoes only please. You may also wish to bring a head scarf to wear post-procedure.

### FASTING

Please fast for six (6) hours - NO food or fluids - pre-operatively.

### ALLERGIES

PLEASE ensure you alert your Doctor to any ALLERGIES that you have to any MEDICATION, LATEX, BETADINE, CHLORHEXIDINE, or adhesive PLASTERS/TAPES.

### MEDICATIONS - BRING ALL MEDICATIONS ON PROCEDURE DAY

Please DO NOT take Aspirin/Ibuprofen (Nurofen)/Vitamin E/Fish Oil/Green Tea or anti-inflammatories ten (10) days prior to your procedure. If these medications are essential for your medical condition please inform your Doctor immediately.

- Cephalexin 500mg (Antibiotic) - 1 capsule four times per day.  
Please start the evening prior to your procedure and take one on the morning of the procedure with a sip of water.
- Stemetil 5mg - 1 tablet four to six hourly as required for nausea.  
Before antibiotics and pain relief is the most beneficial.  
(Breast Augmentation patients can take 1 Zofran wafer under the tongue 12 hourly for nausea.)
- Panadeine Forte - 1-2 tablets four hourly as required for pain.
- Zovirax (Erbium Only) - Start 1 - 2 days prior to procedure.

## POST-OPERATIVE

### DRIVING AND SUPERVISION

As you will be sedated during your procedure YOU ARE NOT PERMITTED to drive for 24 hours afterwards. You will only be DISCHARGED after your procedure to a RESPONSIBLE ADULT who must sign a discharge form and you are required to have ADULT SUPERVISION FOR 24 HOURS POST-OPERATIVELY. You will not be discharged from the clinic after your procedure if you are traveling by taxi/Uber or staying alone for the first 24 hours. (You will admitted to hospital which will incur extra charges. We can organise a carer for you if notice of 1 week is given. Charges will apply).

### ACCOMMODATION

Ground floor accommodation is preferred, less than 30 minutes from the Nedlands Clinic.

### SHOWERING

Showering is NOT permitted until the DAY AFTER your procedure and you have had your dressings changed by the nurses, you will also be reviewed by your Doctor. Please see attached shower instructions.

### REST

You must rest for 24 hours (strictly) and follow Doctor's instructions.

### EXERCISE

Most patients can return to exercise as follows: Week 1 - light exercise; Week 2 - moderate exercise; Week 3 - full exercise.

### THREAD LIFTING

Minimize facial and neck movements in the first week.

Only touch the skin with horizontal, not vertical movements.

Report any "poking out" or showing of threads immediately (don't be alarmed).

Report bleeding or swelling immediately.

### ERBIUM

Wash face as instructed by nurses three (3) times daily.

Avoid sun exposure for three (3) months.

### TED STOCKINGS

You are required to wear your stockings during your procedure and for 2 WEEKS post-procedure. Your stockings will be supplied to you on the day of the procedure. These prevent life threatening blood clots.

### APPOINTMENTS

Facial Procedures - Day 1, day 2, day 5, and 1 month.

### MOBILE PHONE

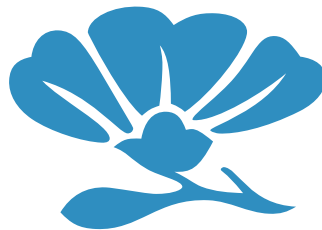
You must leave your phone and that of your carer's on and nearby during the first night. THIS IS VERY IMPORTANT.

IT IS VERY IMPORTANT FOR YOUR RECOVERY THAT YOU REPORT PROBLEMS IMMEDIATELY.

### 24 HOUR CONTACTS

Dr Murray                      H: 9385 4991                      M: 0412 366 872                      Nurse: 0413 835 867

This is a guide only – no responsibility is taken for incomplete patient enquiries.



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[www.absolutecosmetic.com.au](http://www.absolutecosmetic.com.au)