



MYELLEVATE PRE AND POST CARE INSTRUCTIONS

Pre-Op Instructions

2 Weeks Prior to Procedure:

- NO ASPIRIN or medications that contain aspirin. This interferes with normal blood clotting.
- NO IBUPROFEN or (NSAIDS) medications that contain ibuprofen. This also interferes with normal blood clotting.
- DISCONTINUE ALL HERBAL MEDICATIONS (Fish oil/Multivitamin/ Vit-E/ Garlic Pills/ Nutritional Supplements etc. Unless specifically cleared by your doctor.
- DISCONTINUE ALL DIET PILLS including prescriptions, over the counter, or herbal, as many will interfere with anesthesia and can cause cardiovascular concerns.

AVOID ALL ALCOHOL CONSUMPTION 2 WEEKS BEFORE & AFTER SURGERY

TYLENOL IS THE ONLY PAIN MEDICINE YOU CAN TAKE 2 WEEKS BEFORE SURGERY.

Day of Procedure

WEAR LOOSE & COMFORTABLE CLOTHING: Jogging suits, zip-ups, or button-down clothing is ideal. No clothing that needs to be pulled over the head. Shoes should either be flat or low-heeled and easy to slip on (sandals are best).

Make sure someone takes you TO and FROM the Office. No patient is permitted to drive him/her-self.

- Local Anesthesia: You will Take one PAIN MED, and one KEFLEX, before procedure, please bring to the office all the medications we sent to your pharmacy.

Other: NO SMOKING as cigarettes reduces the blood flow to the skin and can cause significant complications during the healing process.

After Care

- You can resume your normal activities. The recovery period for MyEllevate typically takes about 4 days, during which time you may need to wear a chin strap.
- Mild swelling, bruising, discomfort, dimpling, and tightness are expected after the procedure, but these side effects should subside within a few days.
- You can resume showers 48hrs after your procedure, avoid swimming and submerging in water until all small openings are completely closed, 10 min showers are ok, please use regular soap.
- Avoid hard chewing food or food that requires a lot of chewing for 1-2 weeks after your procedure.
- Please Call the office if you have any questions or concerns. If you have excessive drainage, swelling, bleeding or pain, call our office at 703-962-2520. After office hours, you may reach Dr. Chopra on his cell phone at 571-236-1977.