

DAVIS B. NGUYEN, M.D.

Facial Plastic and Reconstructive Surgery

9735 Wilshire Boulevard, Suite 216, Beverly Hills, CA 90212

Phone: (310) 550-0288 Fax: (310) 550-1979

Dr. Davis B. Nguyen grew up in Southern California, where he graduated from the University of California, Los Angeles (UCLA), Summa Cum Laude. He then earned a Whipple Scholarship to attend medical school at the University of Rochester in New York. While in medical school, Dr. Nguyen completed a one year research fellowship in General Surgery at Harvard Medical School. This was followed by an internship in General Surgery and a five year residency in Otolaryngology-Head and Neck Surgery at Yale University. Dr. Nguyen then completed a fellowship at the USC-affiliated Lasky Clinic with Dr. Frank M. Kamer in Beverly Hills, under the auspices of the American Academy of Facial Plastic and Reconstructive Surgery.

Dr. Nguyen focuses on the specialty of facial plastic and reconstructive surgery at the Linden Clinic. He is an instructor at the USC School of Medicine and has presented several papers at national surgical meetings. Furthermore, he is a Principal Investigator in an FDA study for the use of Fibrin glue in rhytidectomy, facelift surgery. Dr. Nguyen travels the world teaching and performing surgery.

Certifications and Associations

American Board of Facial Plastic and Reconstructive Surgery

American Board of Otolaryngology-Head and Neck Surgery

Dr. Nguyen is fluent in English and Vietnamese and conversational in Spanish and French.

Some of the Procedures Performed by Dr. Nguyen

- *Facial, Neck & Eyelid Surgery*
- *Nasal Surgery (Rhinoplasty & Septoplasty)*
- *Revision Nasal Surgery*
- *Chin & Cheek Augmentation*
- *Aesthetic Ear Surgery*
- *Endoscopic Facial and Forehead Surgery*
- *Scar Revision*
- *Skin Resurfacing*
- *Chemical Peels, Botox, Restylane, Juvederm, Perlane and Fat Injections*

Surgical Instructions

Two Weeks Before Surgery:

- NO SMOKING.
- Make sure you have scheduled a pre-operative appointment with the office!
- If you live outside the immediate Los Angeles area, please arrange for accommodations. We can also help you arrange your postoperative care needs.
- **Be aware that you must have professional nursing care for the first 24 hours if you have full facial surgery.** For all other surgeries, you must have someone stay with you for the first 24 hours, but it can be family or friends. **You must not be alone the first 24 hours, unless no anesthetic was used during your surgery.**
- **Do not take any Aspirin, Ibuprofen compounds, or large doses of Vitamin E** beginning 2 weeks prior to surgery and continuing until 1 week after surgery.
- Required medical tests must arrive 3 days or earlier prior to the date of surgery. The patient must be sure these tests are received, as surgery **cannot** be performed without the required medical clearances.
- All patients are to have mandatory blood tests 2 weeks before surgery requiring IV sedation.
- Please read the prescriptions enclosed in your instructions.
- **Patients over 45 years** are to have a full history, physical exam, electrocardiogram, and a **letter of medical clearance from their physician.** This exam may be completed within 3 months before the date of surgery (for surgery requiring IV sedation).
- **Patients over 65 years** are to have a full history, physical exam, chest x-ray, electrocardiogram, and a **letter of medical clearance from their physician.** These tests may be completed up to 3 months before the date of surgery (for surgery requiring IV sedation).
- **Please be sure all surgical fees are received by our office 2 weeks prior to surgery.**

One Week Before Surgery:

- NO DRINKING ALCOHOL.
- Arrange for facial treatments and hair coloring at this time.
- Do not expose your face to the sun.
- Pick up prescriptions. (Make sure the office has your pharmacy information.)
- Purchase Neosporin, hydrogen peroxide, Q-tips, ice packs, and extra-strength Tylenol.

One Day Before Surgery:

- **Confirm the time of your surgery with our office.**
- Shampoo your hair.
- Relax and eat well.
- Start taking antibiotics and Arnica Forte.
- Do not drink any alcohol or caffeinated coffee.
- Do not take any medications unless cleared by our office.

- **Do not eat or drink anything after 12 midnight.**

The Day of Surgery (Day 0):

- Wash your face well, brush your teeth and do not wear any eye or facial make-up.
- Wear a buttoned shirt, slacks and flat shoes. Do not wear pantyhose, a pull-over top or contact lenses.
- Reading glasses are necessary the morning of surgery to read consent forms; a case/bag for them is also necessary.
- Comfortable lounging clothes are a **MUST!!!** You will spend 1 hour sleeping in clothes. Please no tight clothes or dresses. Wear flat, comfortable shoes. **NO HEELS.** You may trip very easily after having anesthesia.
- Please bring a sweater or jacket because you may be cold after surgery.
- Leave all valuables at home, including jewelry and handbags, as we cannot be responsible for them.
- Please arrive on time.
- The nursing staff must be given the telephone number where you can be reached during the evening following the surgery.
- The person caring for you will be instructed in your after surgery care when they arrive to pick you up.

At Home on the Day of Surgery (Day 0):

- **REST!**
- Go to bed and try to sleep with your head elevated on 2-3 pillows. (Continue this practice for the first 30 days.)
- **Apply ice to areas of the face and neck not covered by dressings in “20 minutes on, 20 minutes off” cycles until 10 p.m.**
- Swelling, bruising, and tightness of the bandage are normal complaints.
- You must be assisted by someone when walking during the first 24 hours, such as when going to the bathroom.
- Do not get incisions wet for the first 3 days.
- Keep talking to a minimum.
- Take pills with food.
- Take sleep aid if necessary.
- Take pain medication at regular intervals to keep comfortable.
- Take medication only as instructed.
- Control blood pressure by relaxing.
- You may get out of bed to use the bathroom with assistance.
- It is normal to be drowsy, but try to eat a light, soft meal in the evening following the surgery.

Next Day (Day 1):

- The tight dressing will be removed.
- Eat something light before coming to the office for the dressing change and before subsequent post-operative visits.
- Clean incision with peroxide (dilute hydrogen peroxide ½ water to ½ peroxide if you have dissolvable suture in your lower lids), then apply Neosporin.
- **Continue to apply ice in “20 minutes on, 20 minutes off” cycles to forehead and eyes.**
- Significant bruising and swelling, i.e. *raccoon eyes*, is normal—do not be alarmed.
- Headache is commonly reported. Take pain medication at regular intervals as directed.
- Eat soft foods.
- Continue to take prescribed medications.
- If nausea persists despite taking pills with food, the doctor can prescribe anti-nausea medication.
- Increased bruising and swelling is to be expected during the first week following surgery and is normal.
- After bandage is removed, you may wash your face gently with a mild soap and water, but avoid vigorous scrubbing.

Second Day Following Surgery (Day 2)

- Expect swelling and bruising to be at its peak. **DO NOT BE ALARMED**; this is normal and will begin to subside thereafter.
- You may begin light activity, but no strenuous activity.
- Continue to eat nutritious foods—Do not restrict food intake, eat a whole, soft nutritious (low sodium) diet.

Third Day Following Surgery (Day 3)

- Shower and shampoo hair **GENTLY** with baby shampoo—be careful of incisions!
- Do not use blow dryer for 4 weeks following surgery!

Seventh Day Following Surgery (Day 7)

- Your sutures will be removed on or about Day 7.
- Do not place undue tension on the incision after suture removal.
- Make-up can be applied at this time.

Tenth Day Following Surgery (Day 10)

- This is the final day of icing.

1 Month Following Surgery (Day 30)

- With doctor’s permission:
 - Begin use of scar gel (available at doctor’s office).

- Begin use of medical grade SPF.
- Begin hair coloring.
- Begin exercise and/or strenuous activity.
- At this time, incisions appear bright red but this will begin to fade. Scars mature fully after one year.
- Continue to avoid sun exposure!
- Continue to avoid extreme temperatures (sauna/steamroom) to treat residual swelling.
- Ultrasound may be deemed necessary at this time at the doctor's discretion. This is normal.
- Overall, you will continue to heal and look better as the swelling subsides and skin contracts.
- Key benchmarks of healing are as follows:
 - 1 month, 3 months, 6 months, 9 months, and 1 year with full healing occurring at 1 year, so patience will be paramount.

Follow-Up Care:

- Your face may be swollen and discolored for 2-3 weeks after surgery. The amount of swelling and discoloration is highly individual and will demand patience on your part until full recovery. Try not to let it upset you.
- Try to sleep on your back for 30 days after surgery.
- Eat a relatively soft diet and avoid hard chewing for 2 weeks.
- After the bandages are removed, you may wash your face gently with a mild soap and water but avoid vigorous scrubbing.
- Do not smoke. It will impede and delay your healing.

Healing Care:

- Rest (both physical and mental) and adequate nutrition (including vitamin supplementation) are important factors in healing—so eat well and take it easy for a few weeks.
- Alcohol and tobacco can prolong swelling and healing, so avoid it!
- Numbness, swelling, tingling, discoloration, bumpiness, hardness, crusting, tightness, and redness around incisions are normal complaints. They should go away with full healing.
- Do not wear earrings for 2-3 weeks.
- Do not fly for 2 weeks following surgery unless otherwise permitted by the doctor.
- Avoid the sun for 6-8 weeks as exposure can cause swelling. When outdoors, wear a hat and sunscreen.
- Do not bleach or color your hair for 4 weeks.
- Full healing takes a number of months and a final check-up is advisable at 6-12 months after surgery.

POST-OPERATIVE VISIT SCHEDULE

- 1 day immediately following surgery (Day 1)
- 5 days following surgery (Day 5)
- 10 days following surgery (Day 10)
- 2 weeks following surgery (Day 14)
- 1 month following surgery (Day 30)
- 3 months following surgery
- 6 months following surgery
- 9 months following surgery
- 1 year following surgery

*** You are responsible for making sure these appointments are scheduled in a timely manner. They are strongly recommended.

ANESTHESIA

People taking medication should inquire about taking these medications prior to surgery. It is important for your safety NOT to eat or drink anything after midnight the night before your surgery.

The type of anesthesia, general or local with deep sedation, will depend on your medical condition and the type of surgery being performed. Your surgeon and anesthesiologist will discuss this with you prior to surgery.

During surgery and anesthesia, your breathing and heart rate will be monitored with the latest technology to provide a safe anesthetic.

You will recover from anesthesia in the recovery room and will be discharged after several hours.

FINANCIAL POLICY

ALL SURGICAL, ANESTHESIA AND OPERATING FEES ARE TO BE PAID IN FULL TWO WEEKS PRIOR TO THE DATE OF SURGERY.

The surgical fee covers all follow-up visits for one year and includes any necessary photographs, but not drugs, dermal fillers, or ancillary treatments. If a secondary procedure

is required within the follow-up period, there will be a fee for the use of the operating room and for anesthesia, if necessary.

A 10% deposit is due at the time of surgical scheduling and will apply toward your surgery. **THIS FEE IS NOT REFUNDABLE 30 DAYS PRIOR TO SURGERY.** The balance is to be paid two weeks prior to surgery. If you cancel within 72 hours prior to surgery without a valid medical reason, then 25% of the total surgical fee will be withheld.

DAVIS B. NGUYEN, M.D.
9735 Wilshire Blvd., Suite 216
Beverly Hills, CA 90212
Tel: 310-550-0288

BLEEDING AND BRUISING: WHAT TO AVOID

Aspirin or anything containing aspirin should be stopped 10 days to 2 weeks prior to surgery.

Vitamin E also has a tendency to cause more bleeding and bruising (similar to aspirin) so avoid this vitamin for 10 days to two weeks prior to surgery. Naproxen (Naprosyn) should be stopped 4 days prior to surgery. Other anti-inflammatory drugs should be stopped at least 2 days prior to surgery and include the following:

Diflunisal (Dolobid)	Ibuprofen (Advil, Motrin, Nuprin)
Meclofenamate (Mecloman)	Indomethacin (Indocin)
Mefenamic acid (Ponstel)	Sulindac (Clinoril)
Diclofenac (Voltaren)	Tolmerin (Tolectin)

The following is a list of medications containing aspirin, but always check the ingredients of your particular medications to be certain they do not contain aspirin. **Remember, stop all medications containing aspirin 10 days to 2 weeks before surgery.**

<ol style="list-style-type: none"> 1. Acetylsalicylic Acid (generic) 2. Advil/Alka Seltzer 3. ASA (generic) 4. Effervescent Antacid and Pain Reliever 5. Alka- Seltzer Extra Strength 6. Flavored Alka-Seltzer Effervescent Antacid and Pain Reliever 7. Alpha Pheed Capsules 8. Anacin Analgesic Caplets and Tablets 9. Anacin Maximum Strength 10. Arthritis Pain Formula by the maker of Anacin Analgesic 11. Ascriptin with Codeine Tablets 12. Axotal 13. BAC Tablets 14. BAC #3 15. Bayer-Aspirin – all varieties 16. Bufferin – all varieties 17. Carisoprodol Compound 18. Clinoril 19. Contact 20. Damason 21. Darvin 22. Darvon N with ASA 23. Di-gesic improved 24. Dolpron #3 25. Easpirin 26. Ecotrin 27. Empirin with Codeine 	<ol style="list-style-type: none"> 28. Equagesic Tablets 29. Excedrin Extra Strength 30. 4-Way Cold Tablets 31. Fiogesic Tablets 32. Fiorinal with Codeine Capsules 33. Fiorinal Capsules, Tablets 34. Glepirin Tablets 35. Ibuprofens (generic) 36. Lortab ASA 37. Meprobamate and Aspirin Tablets 38. Midol 39. Motrin 40. Norgesic 41. Norgesic Forte 42. Orphengesic 43. Oxycodone 44. Percodan 45. Percodan Demi Tablets 46. Persistin 47. Robaxisal 48. Roxiprin 49. Soma Compound 50. Soma Compound with Codeine 51. Supac 52. Synalgos DC Capsules 53. Talwin 54. Vanquish 55. Zorprin
--	--

ABSOLUTELY NO DIET PILLS 2 WEEKS PRIOR TO SURGERY

DAVIS B. NGUYEN, M.D.
9735 Wilshire Blvd., Suite 216
Beverly Hills, CA 90212
Tel: 310-550-0288

These commonly used supplements can jeopardize your surgery and interfere with your anesthesia. They **MUST BE** discontinued two weeks prior to surgery.

St. John's Wort

Dong Quai

Yohhimbe (the natural Viagra)

Licorice Root

Ginkgo Biloba

Ginger, Garlic, Cayenne, and Bilberry

Ginseng

Melatonin

Echinacea

Aloe

Vitamin E

DAVIS B. NGUYEN, M.D.
9735 Wilshire Blvd., Suite 216
Beverly Hills, CA 90212
Tel: 310-550-0288

POST-OPERATIVE DIET SUGGESTIONS

- DRINK PLENTY OF LIQUIDS: sodas, juices, Kool-Aid, tea (decaffeinated).
 - Only drink water in addition to above mentioned liquids
 - Citrus juices may irritate stomach
- Good nutritious foods on the first 2-3 days are very important in the healing process and will help you feel stronger sooner. Soft foods that are low in sodium are best to start with.

SOME SUGGESTIONS:

Baked or mashed potatoes, creamed vegetables, jelly or pudding, apple sauce, bananas, canned fruit, tuna fish, eggs, oatmeal, cream of wheat, any type of baby food, or warm soups.

Fruit smoothie: mix 3-4 tbsp. yogurt, 1/2 cup juice, and any fruit. Blend until smooth and drink slowly. (Great for sore throats.)

- NO SMOKING. NO ALCOHOL.
- NO diet foods. NO diet drinks.
-Your body needs the calories for proper healing!
- NO aspirin or aspirin products (Motrin, Nuprin, Advil, Excedrin, Anacin)
- NO salt. NO spicy foods.
- NO hot foods (may cause bleeding) Warm food is okay.
- NO heavy or big meals: start small and light and slowly increase portions as tolerated.

Things to avoid for the first 24 hours after NASAL SURGERY:

- Straws
- Extreme Temperatures:
 - Hot may burn mouth due to numbness and may cause more bleeding, swelling, and bruising
 - Cold may cause coughing
- Dairy foods: milk, cheese, and ice-cream cause mucous to thicken. (Eggs, butter, and sour cream are okay.) (Popsicles are okay.)

*******ALWAYS ASSIST PATIENT WHEN WALKING*******

DAVIS B. NGUYEN, M.D.
9735 Wilshire Blvd., Suite 216
Beverly Hills, CA 90212
Tel: 310-550-0288

ARNICA-BROMEZYME PROTOCOL
TO MINIMIZE POST-OPERATIVE BRUISING

ARNICA FORTE:

These pills are a combination of the homeopathic supplements Arnica Montana and Bromelain. Arnica Montana is derived from a plant and helps to reduce bruising and swelling. Bromelain is an enzyme extracted from pineapple and also helps to speed healing by reducing bruising and swelling.

1 DAYS BEFORE SURGERY:

Begin Arnica Forte. Take two 1 pill twice (2x) a day.

DAY OF SURGERY:

Do not take anything until your surgery is over. Then continue taking Arnica Forte – two (2) tablets once (1x) a day for six (6) days following surgery.

CONTINUE FOR 6 DAYS AFTER SURGERY

***Please note that, while highly recommended, these supplements are optional. It is your choice whether or not to take them. Arnica and Bromelyme are widely available at health food stores, homeopathic pharmacies and, for your convenience, can be purchased directly at our office.**