

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.
- 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 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.

24 Hours Before Surgery:

- **Confirm the time of your surgery with our office.**
- Shampoo your hair.
- Relax and eat well.
- 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:

- 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 panty-hose, 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. The same applies to contact lenses.
- 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.
- Please make sure our office has been provided with your insurance information so that any prescribed medication may be ordered in advance of your procedure.
- 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 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.

BLEPHAROPLASTY (Eyelid Surgery)

The Day of Surgery:

- Please refer to the General Instructions.
- Bring your sunglasses.

At Home:

- Small ice packs or frozen peas can help in reducing swelling and should be used continuously until 10:00 p.m.
- A slight amount of oozing from the incision is normal.
- Take medications only as instructed.
- It is normal to be drowsy, but try and eat a light meal the evening following surgery.
- If there is excessive bleeding, excessive discoloration, excessive swelling or a temperature over 101 degrees, call the office.
- If you experience any changes in your vision or sharp eye pain, call the office.

Next Morning:

- Keep cold compresses on as much as possible during the day.
- Avoid straining your eyes, but you may begin to read or watch T.V.

Follow-Up Care:

- The morning of the second to third day will show the most swelling and discoloration. It is not unusual for one eye to be more swollen or discolored than the other.
- As the incisions are healing they can be inadvertently opened, as be careful. Typically, suture removal 7-8 days after surgery.

Healing Care:

- You may resume exercise and make-up within 10-14 days after surgery unless advised otherwise.
- Alcohol can prolong swelling. Avoid it for one to two weeks.
- Tearing, burning, tightness, itching, puffiness and red and bumpy incision lines are all normal complaints and will go away with full healing.
- Full healing takes a number of months and a final check-up is advisable 3-6 months after surgery.

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 you 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, 25% of the total surgical fee will be withheld.

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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.**

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| 1. Acetylsalicylic Acid (generic) | 28. Equagesic Tablets |
| 2. Advil/Alka Seltzer | 29. Excedrin Extra Strength |
| 3. ASA (generic) | 30. 4-Way Cold Tablets |
| 4. Effervescent Antacid and Pain Reliever | 31. Fiogesic Tablets |
| 5. Alka- Seltzer Extra Strength | 32. Fiorinal with Codeine Capsules |
| 6. Flavored Alka-Seltzer Effervescent | 33. Fiorinal Capsules, Tablets |
| Antacid and Pain Reliever | 34. Glepirin Tablets |
| 7. Alpha Phed Capsules | 35. Ibuprofens (generic) |
| 8. Anacin Analgesic Caplets and Tablets | 36. Lortab ASA |
| 9. Anacin Maximum Strength | 37. Meprobamate and Aspirin Tablets |
| 10. Arthritis Pain Formula by the maker of Anacin | 38. Midol |
| Analgesic | 39. Motrin |
| 11. Ascriptin with Codeine Tablets | 40. Norgesic |
| 12. Axotal | 41. Norgesic Forte |
| 13. BAC Tablets | 42. Orphengesic |
| 14. BAC #3 | 43. Oxycodone |
| 15. Bayer-Aspirin – all varieties | 44. Percodan |
| 16. Bufferin – all varieties | 45. Percodan Demi Tablets |
| 17. Carisoprodol Compound | 46. Persistin |
| 18. Clinoril | 47. Robaxisal |
| 19. Contact | 48. Roxiprin |
| 20. Damason | 49. Soma Compound |
| 21. Darvin | 50. Soma Compound with Codeine |
| 22. Darvon N with ASA | 51. Supac |
| 23. Di-gesic improved | 52. Synalgos DC Capsules |
| 24. Dolpron #3 | 53. Talwin |
| 25. Easpirin | 54. Vanquish |
| 26. Ecotrin | 55. Zorprin |
| 27. Empirin with Codeine | |

ABSOLUTELY NO DIET PILLS 2 WEEKS PRIOR TO SURGERY

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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

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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 or tuna fish, eggs, oatmeal, cream of wheat, any type of baby food, 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 is o.k.
- NO heavy or big meals: start small and light and then slowly increase 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, ice-cream cause mucous to thicken. (Eggs, butter, sour cream are o.k.) (Popsicles are o.k.)

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

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**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 DAY BEFORE SURGERY:

Begin Arnica Forte. Take 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.**