

PREPARING FOR SURGERY



ANDRE PANOSSIAN MD
PLASTIC SURGERY

Vital information to prepare you for surgery

Information is power.

This packet includes information for patients who are preparing for surgery with Dr. Panossian. There are many steps in preparing you for your surgery. Before proceeding with surgery, it is important to understand your surgery and the expectations in the following weeks and months. It is important for you to take a pro-active role in managing and understanding your healthcare needs.

Please read this information and share this information with your family and friends that will be assisting you with the post-operative period. It is important to us that you understand the expectations, goals, restrictions and ways in which you can help yourself have the best surgical outcome. Please contact us if you have any additional questions.

In Dr. Andre Panossian's Plastic Surgery practice, we strive to ensure our patients are emotionally well-prepared for surgery. Being able to discuss any issue or question with Dr. Panossian before and after your surgery is a big part of identifying emotional concerns and setting you on the course for a positive experience.

We find most people preparing to have elective surgery are realistic about their anticipated results and recovery. Patients with a realistic outlook tend to have a better

externally—in the most natural way possible.

Every patient will experience some degree of emotional stress and even depression after surgery. Typically, post surgery stress reaches its peak on day five following surgery—due to very predictable physiological reasons (pain, swelling, bruising, etc). When patients are counseled properly to recognize the onset of the post surgery stress, they know it's just a normal part of the healing process. When you're emotionally well-

Preparing for the journey...

overall experience. Patients seeking cosmetic surgery for their own personal reasons—and not to fulfill someone else's desires—also enjoy better emotional satisfaction. This procedure is about you and aligning how you feel internally with how you look

prepared, you will feel excitement and delight in your more youthful, rejuvenated appearance as it emerges over time during the healing process.



Select Your At-Home Care Person in Advance

Selecting your at-home support person is an important decision. They will be elevated to “super-human” status immediately following your surgery and should be ready for this role!

Your at-home care person must be prepared to:

- 1) Fully understand your post-surgery instructions, including bathing, eating, mobility, and dressing change requirements.
- 2) Drop you off and pick you up on the day of your surgery.
- 3) Stay with you for at least 24 hours following surgery.
- 4) Ensure you take all medications as scheduled and follow all instructions in your take-home materials.
- 5) Not smoke in your recovery area.
- 6) Help you bathe, change clothing, prepare meals, and do the heavy lifting, as needed, in the days following surgery.
- 7) Provide around-the-clock care for the first 24 hours post-surgery.



About Your Pre-op Appointment

Once your surgery has been scheduled, we will reserve a preoperative appointment for you approximately 1-2 weeks prior to your surgery date. You will meet with one of our experienced Patient Care Coordinators, who will thoroughly prepare you for your upcoming procedure.

Getting to know your Patient Care Coordinator is important, because she will be a vital part of your “go-to” team leading up to surgery, and will remain on your team during your immediate post-surgery care, and all through your early post-procedure appointments. Your coordinator will have a wealth of knowledge, having prepared hundreds of patients for surgery each year.

During your pre-op appointment, we will confirm your surgical plan in detail, answer your questions or concerns, cover your pre- and post-surgical care instructions and take-home supply kit, and give you after-hours direct e-mail and phone access to Dr. Panossian, should you have any concerns post-surgery.

Dr. Panossian has put together a group of well-trained, caring, and experienced providers to make your surgical journey as smooth and positive as possible. Your pre-op appointment kicks off what will be a great surgical experience!

"I had an extremely successful surgery with Dr. Panossian. It went exactly as he explained it from start to finish." --T.J.

During the preoperative appointment, you may bring in photo examples of relevant pictures and results to help discuss some of the expectations afterwards. It is important to understand that Dr. Panossian's goal is to provide you with as close a result as you were expecting prior to surgery. However, although he is an expert and controls all aspects of the technical side of surgery, the human body may heal in a number of different ways depending upon genetics, scarring tendencies, ethnicity, lifestyle choices, and strict compliance with postoperative instructions.

Luckily, most people undergoing elective plastic surgery are relatively healthy and tend to heal as expected with outstanding transformations. We will identify those patients who may possibly have issues with healing ahead of time and come up with a plan to avoid most issues.





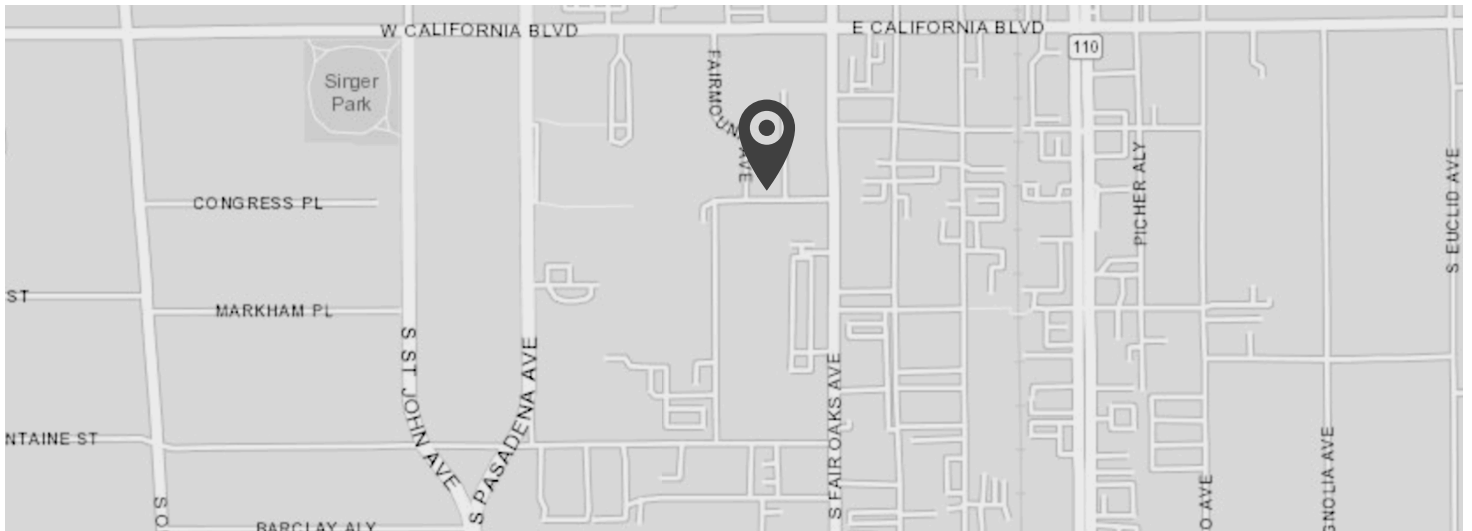
Huntington Specialty Surgery Center

Most of Dr. Panossian's surgeries are performed at the Huntington Specialty Surgery Center in Pasadena, California. This is a fully accredited, state-of-the-art surgery center in the heart of the Huntington Memorial Hospital campus. You will need to check in no later than 6:30am on the morning of your surgery.

39 Congress St., Suite 310

Pasadena, California 91105

(626) 314-3245



Another distinguishing factor you'll appreciate is the safety and track record of our private facility where your surgery will be performed. Huntington Specialty Surgery Center is certified by AAAAHC, which offers the highest level of safety and state regulations for outpatient surgery. Our experienced anesthesiologists are ready with the latest techniques to ensure a safe and comfortable experience. We staff only the most experienced board-certified anesthesiologists. You will be greeted by your anesthesiologist on the morning of your surgery.

Although some surgeries are amenable to local or "twilight" anesthesia, most require some form of general anesthesia where you are completely asleep.

Your anesthesiologist will determine what type of anesthesia will benefit you most. He or she will explain the process in greater detail and address any concerns you may have. Except for children, you will then have an IV placed after you have put on a patient gown. Our expert nurses are highly experienced in placing IV's and getting you ready for surgery.

Children will receive a small oral dose of a sedative in the preoperative area that will be allowed to take effect for 15-20 minutes. This allows the child to avoid placement of an IV while awake and works as an amnesic to forget any anxious moments. The result is a calm and happy child heading comfortably into surgery.

Dr. Panossian also performs surgery at Huntington Memorial Hospital and Physicians Adventist Surgery Center in Glendale, California.

Medications to Avoid Prior to Surgery - Part I

Certain medications and/or herbal substances can alter the body's ability to heal or stop bleeding. If not discontinued far enough in advance, these medications can lead to postoperative complications, prolonged healing, and unfavorable scarring. A list of some of these products is included below. When in doubt, do not take the medication or herb. **These meds must be stopped at least 2 weeks prior to surgery.** For patients on cardiac, anti-hypertensive, or neurological medications, please confirm your duration and plan with your cardiologist or neurologist.

- **Accutane (must be stopped 6 months prior)**
- A.P.C.
- A.S.A.
- **Aspirin (all brands)**
- **Advil**
- Aggrenox
- Alka-Seltzer
- **Aleve**
- Anacin
- Anaprox
- Ansaid
- Argesic
- Arthritis pain formula
- Arthropan liquid
- Arthrotec
- Ascriptin
- Asperbuf
- Aspergum
- Bextra
- BC Powder/ Tablets
- Backache Formula
- Buf-Tabs
- Bufferin
- Buffets II
- Buffinol
- Butazolidin
- Caffergot
- Cama Arthritis Pain Reliever
- Carisoprodol
- Clinoril
- Clopidogrel
- Congespirin Chewable
- Cope Tablets
- Coumadin
- Dabigatran
- Damason P
- Darvon
- Disalcid
- Doan's Pill
- Dolobid
- Dolprin
- Dipyrindamole
- Easpirin
- **Ecotrin**
- Empirin
- Endep
- Equagesic Tablets
- Etrafon
- **Excedrin**
- Etodolas
- Feldene
- Fiorinal
- Fish Oil
- Flagyl
- Four Way Cold Tablets
- Gemnisyn
- Ginko
- Ginseng (all types)
- Gleprin
- Goody's
- Herbal Supplements
- **Ibuprofen (all types)**
- Incodin
- Indomethacin
- Lanorinal
- Lioresal
- Lodine
- Lovaza
- Magan
- Magsal
- Marnal
- Marplan
- Medomen
- Methocarbamol with Aspirin
- Micrainin
- **Midol**
- Mobic
- Mobidin
- Mobigesic
- Momentum Muscular
- **Motrin**
- Meloxicam
- Nabumetone
- Nalfon
- **Naprosyn**
- Naproxen
- Nardil
- Nicobid
- Norgesic
- Nuprin
- Omega-3 Fatty Acids
- Orudis
- Os-Cal-Gesic
- **Ozempic (all GLP-1 agonists)**
- Pabalate-SF
- Pamelor
- Parnate
- Pepto Bismol
- Percodan
- Persantine
- Phenteramine
- Phenylbutazone
- Piroxicam
- Plavix
- Ponstel
- Pradaxa
- Propoxyphene Compound
- Relafen
- Robaxisal
- Rofecoxib
- Rufen
- Saleto
- Salocol
- Sine-Aid/Sine-Off/Sinutab
- SK-65 Compound
- St. Joseph's Cold Tab
- St. John's Wort
- Sulindac
- Synalgos
- Tagamet
- Talwin
- Tenuate Dospan
- Tolectin
- Toradol
- Triaminicin
- Trigesic
- Trilisate Tab
- Ticagrelor
- Uracel
- Vanquish
- Verin
- Vitamin E (more than 400u daily)
- Vitamin C (more than 2000mg daily)
- Vicoprofen
- Voltaren
- Zorprin

Medications to Avoid Prior to Surgery - Part II

The drugs listed below can have undesirable side effects that may affect your anesthesia or surgery.

- Achromycin
- Adapin
- Amitriptyline
- Amoxapine
- Anafranil
- Asendin
- Aventyl
- Carbamazepine
- Co-Tylenol
- Comtrex
- Desipramine HCL
- Desyrel
- Dilantin
- Doxepin HCL
- Effexor
- Elavil
- Ephedra
- Ephedrine
- Extrafon
- Flexeril
- Imipramine
- Isocarboxazid
- Limbitrol
- Ludiomil
- Maprotiline HCL
- Matylane
- Medipren
- Mobi
- Mystecín-F
- Norpramin
- Nortriptyline HCL
- Novahistine
- Omade
- Perphenazine
- Phenelzine sulfate
- Procarbazine HCL
- Pseudoephedrine
- Sinequan
- Sumycin
- Sumontil
- Tetracycline
- Tofranil
- Tranlycypromine
- Tri-Cyclen
- Triavil
- Trimipramine maleate
- Viagra
- Vibramycin
- Vioxx
- Vivactil
- Zomax

DIET PILLS: Patients having surgery must discontinue any diet pills and/or injections for at least 2 weeks prior to surgery. This includes but is not limited to GLP-1 agonists (eg, Ozempic), Phenteramine, Reduz, Ephedra (any type) and **both Prescription and Over-the-counter Non-Prescription Diet Pills**. Please call the office if you have any questions about this policy, but the unknown risks of these substances (however small it may be) is simply not worth it when having an elective procedure. Failure to abide by this policy may result in cancellation of surgery.

BIRTH CONTROL: Patients having surgery must discontinue all forms of birth control two weeks prior to surgery. Birth control increases the risk of blood clot formation.

CIGARETTES/NICOTINE/SMOKING/VAPING: Wound Infection is one of the most common complications that can occur if you smoke. Smoking, in effect, steals oxygen from cells that are in the process of healing. Smoking is a risk factor for wound infection in any kind of surgery. Researchers have found that smokers who continue to smoke are at a much higher risk of developing wounds that do not heal properly. Nicotine gum and nicotine patches are not advised for surgery patients either. The nicotine in the gum acts similarly as cigarette nicotine, interfering with the healing process in much the same manner.

FOODS TO MINIMIZE: The following foods contain aspirin like products which can cause excessive bruising. Please minimize for 2 weeks prior to surgery. While it may be impossible to avoid these completely, avoid them as much as possible to minimize bruising and bleeding complications.

**Alcohol (including wine), almonds, apricots, berries, cherries, cucumbers, currants, curry, grapes, jellies/preserves, nectarines, oranges, peaches, pickles, plums, prunes, raisins, tomatoes (or, tomato products), vinegar.*



The Night Before Surgery

- Make sure you have all prescriptions that will be needed after the surgery. Purchase all prescriptions and supplies from the pharmacy in advance. This way you will have the medications at home when you need them.
- Many patients experience constipation after surgery. This is commonly caused both by anesthesia as well as narcotic pain medication. It is a good idea to have at home some fiber products such as Metamucil and a bottle of prune juice just in case this happens. You may also purchase Colace or Miralax from the pharmacy to help, if necessary.
- **Nothing to eat or drink after midnight** except prescribed medications with a sip of water. This is extremely important! No coffee in the morning!
- Please remove any dark colored nail polish or it may need to be removed as it can interfere with monitoring equipment. Light pale colors will be fine.
- Make sure you have arranged for a ride to and from the hospital or surgical center. You will not be able to drive a car after anesthesia.
- Take a bath or shower, and shampoo your hair. Make sure to clean behind your ears and your belly button.
- No need to shave any body hair.
- Try to get a good night's sleep. If you typically have difficulty sleeping in situations like this, please call the office and we can arrange for a sleeping aid.
- Morning of surgery: No gum, candy, mints in the morning. No coffee. Wear loose, comfortable clothing to the surgery center. Wear glasses not contact lenses. Take usual medications and prescriptions as directed with a small sip of water.
- Arrive at the hospital or surgical center on time. You will receive a phone call the day before surgery telling you what time to arrive. This is usually approximately one hour prior to the scheduled surgery start time. Hospitals usually bring you in two hours early; we try to be considerate but ask that you come on time. This allows time for the nurses to complete needed paperwork, to review all lab work, to review all consent forms, and to start an IV line. This is a time consuming process and it is very important to be on time.



“

Dr. Panossian is a skilled and caring surgeon. Rhinoplasty can be a little scary, but being able to trust the doctor is a major plus. He knew exactly what would match my face, and gave me a softer profile that I love so much! Dr. Panossian fixed everything I disliked about my old nose while still making it look natural. He answered every question I had and did not rush any appointment at all, which shows he really cares about his patients. I love my new nose!! His entire staff is also amazing. They are all kind and helpful.

--T. J., RealSelf Review

What to Expect on the Day of Surgery

It's finally here! All the careful planning, communication, and collaboration has been orchestrated, and it's time to get you on the road to a more youthful, revitalized, and natural-looking "you." This is the day that Dr. Panossian is at his very best. His passion for giving you an outstanding experience and result will be immediately apparent.

We find most patients greet surgery day with a mix of excitement, anticipation, and anxiety. From the moment you're greeted by one of our experienced Surgical Nurses at the surgery center, you'll be in the hands of a well-coordinated and highly attentive team whose main goal is to put your mind at ease and help you relax at every stage of your surgery prep.

As part of your preparation for the day, you will be required to cleanse your face or body part in question in the morning with antibacterial wash—without applying any makeup, moisturizer,

creams, or lotions afterwards. You should not take any antibiotics or vitamins on the day of surgery, and you will not be able to wear your contact lenses. We ask that you wear comfortable, loose fitting clothing that doesn't require "over-the-head" placement, and your belongings will be securely stored along with your clothing while you are undergoing surgery. You will need to leave valuables, such as jewelry, at home. **You must be dropped off, and picked up, by your adult, at-home care taker.**

Tattoos have become commonplace in America, but can pose a challenge to those having surgery. Incisions may often need to cross tattooed body parts depending upon the surgery. Please discuss these issues with Dr. Panossian if you have a particularly meaningful tattoo that you hope to preserve.



“

I flew in from Massachusetts and the experience was amazing from the day I walked into the hospital to the procedure, even after being discharged from the hospital the staff has been in contact with me. Dr Panossian is amazing and explained everything to me, very detailed I'm very happy with my results and it was worth traveling the thousands of miles.

--N.L., Google Review

Immediate Aftercare & Home Supplies

Immediately following surgery, you will be in the expert care of your recovery nurse, who will see to your needs for pain management and comfort. They will be able to answer any questions or concerns you might have.

Following a short stay in the recovery room, you will be able to return home in the care of your designated at-home care provider, who should be staying with you for at least 24 hours after your procedure. Your at-home care

provider must drive you home, as you will not be able to operate a motor vehicle following surgery.

The following is a list of supplies you will need for your aftercare at home. These items are specific to the particular procedures you have had and are vital to ensure your safety, comfort, and optimal healing.

Dr. Panossian has a curated storefront where you can purchase these items:

<https://www.amazon.com/shop/drpanossian>

Nasal Procedures:

- Hydrogen peroxide
- Q-tips
- Aquaphor
- Saline nasal spray
- 4x4 inch gauze

Facial Procedures:

- 4x4 inch gauze
- 3M Micropore tape
- Antibiotic ointment (eg, Neosporin)

Eyelid Procedures:

- Artificial tears
- Ophthalmic antibiotic ointment
- 4x4 inch gauze

Abdominal Procedures:

- Compression garment
- 4x4 inch gauze
- Hypafix tape
- 3M Micropore tape
- Absorbent gauze (eg, maxi pad)
- Lipo foam

Breast Procedures:

- Surgical bra (no underwire)
- 3M Micropore tape
- Absorbent gauze (eg, maxi pad)
- 4x4 inch gauze

Prescription Medications

The following list of medications will be tailored and prescribed to you prior to surgery. Some adjustments to your medications will be made based on the procedures performed and any allergies you may have. Please be sure to pick up and verify your prescription medications as soon as possible to avoid scrambling for them after surgery, as your pharmacy may not carry some of the prescribed medications.

- *For pain:* Celebrex, Hydrocodone/acetaminophen (Norco)
- *For nausea:* Zofran
- *For infection control:* Amoxicillin or Keflex
- *For itching:* Hydroxyzine
- *For eyelid incisions:* Ophthalmic Antibiotic Ointment
- *For oral procedures:* Peridex Mouth Rinse



Getting Back to Normal

By the end of the one week mark, you will be well on your way to recovery and healing from most procedures. You will see the light at the end of the tunnel and feel like you can start to recognize yourself again.

Most people feel comfortable getting back to their work and social life around two weeks after surgery (Dr. Panossian will tailor this recommendation for each patient). It is crucial to realize that everyone heals at different rates. Some patients heal sooner than two weeks and for others it may take a bit longer. The most important point to remember is that everyone does heal and eventually looks great.

Although every patient is different, here are some guidelines of what to expect in terms of getting back to normal for several of the most frequently asked about conditions:

Swelling: Most patients' overall swelling will be dramatically reduced by the one month mark.

Bruising: After about two weeks, bruising in the majority of cases will have resolved.

Cover-up / Makeup: It is important to use only mineral-based makeup on your fresh incisions, and you may do so after the one-

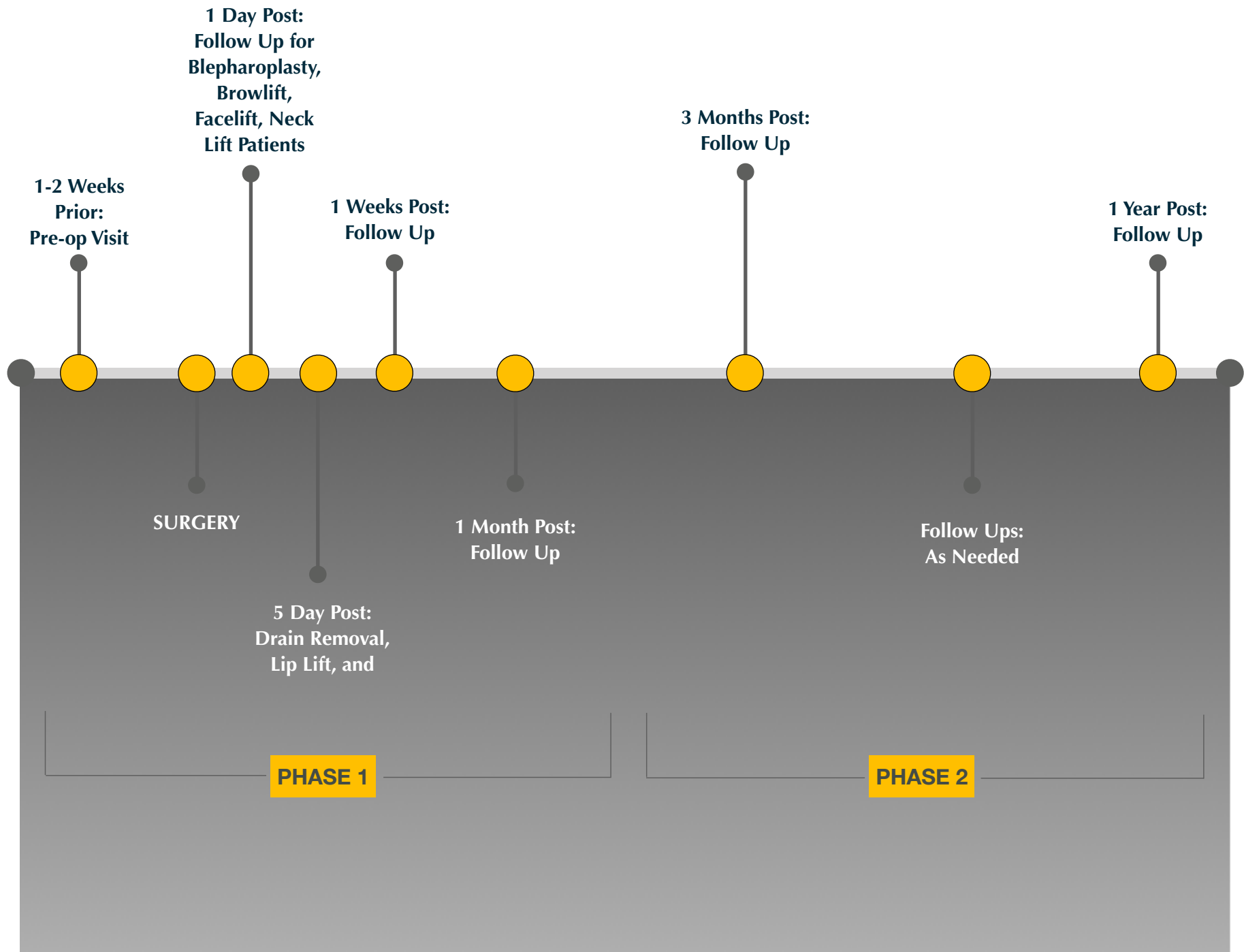
"Absolutely would highly recommend this doctor to anyone who wants a true artist..." –G.M., Yelp Review

week mark. However, if you've had a chemical peel or a laser skin resurfacing treatment as part of your procedure, makeup may not be started until two weeks post-treatment.

Numbness: Full sensation is expected to return 3-4 months in most cases and by 6-12 months in essentially all cases. Avoid hot and cold objects to prevent burn injuries to the skin during this time.

Exercise: Early exercise can cause prolonged swelling and if started prematurely, can cause issues with bleeding. Light exercise can resume after three weeks (light walking, biking). Full exercise can resume after 4-6 weeks depending upon the surgery. Always listen to your body when first getting started.

POST-OP TIMELINE SNAPSHOT & CARE SCHEDULE



PRE- & POST- SURGICAL CHECKLIST

DAYS FROM SURGERY	-14	-10	-3	-2	-1	0	+1	+2	+3	+4	+7	+10	+14	+28
Do's														
Vitamin K-10 x 100 microgram		OK	OK	OK	OK									
2 capsules Bromelain 3x/day			OK	OK	OK		OK	OK	OK	OK	OK	OK	OK	
1 Gabapentin 2x/day, 1 Celecoxib 2x/day					OK	OK	OK	OK	OK	OK	OK			
1 Acyclovir 3x/day					OK	OK	OK	OK	OK					
1 Keflex 3x/day					OK	OK	OK	OK	OK					
Antibacterial soap wash					OK	OK								
SURGERY*** (Confirm Arrival Time)					★									
Leave bandage on for 24 hrs					OK	OK								
Apply Aquaphor 3x/day					OK	OK	OK	OK	OK	OK	OK			
Apply eye drops 3x/day					OK	OK	OK	OK	OK	OK	OK			
Apply eye ointment before sleep (if indicated)					OK	OK	OK	OK	OK	OK	OK			
Remove Aquaphor / Clean / Reapply 2x/day						OK	OK	OK	OK	OK	OK			
Dont's														
No pain reliever except Tylenol	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘		
No alcohol, no smoking	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘		
No makeup, no moisturizer						⊘	⊘	⊘	⊘	⊘	⊘	⊘		
No overhead garments						⊘	⊘	⊘	⊘	⊘	⊘	⊘		
No contact lenses						⊘	⊘	⊘	⊘	⊘	⊘	⊘		
No shower, no hair washing (sponge baths OK)						⊘	⊘	⊘						
No strenuous activity						⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘
No hair dyeing						⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘
No tennis, golf, swimming, jogging, etc. (leisurely walks OK)						⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘

After doing thousands of surgeries over the years, it is reassuring to know that the overwhelming majority of our patients heal rapidly and without complications. This outcome of optimal healing is based on the fact that every procedure we perform is as minimally invasive as possible, and perfected with repetition, consistency, and predictability. In addition, a thorough pre- and post- surgery regimen is paramount—and ours is one of the most comprehensive in the country. The pre- & post-checklist above highlights the steps that will prepare you for a successful surgery and recovery.



For Out-of-Town Patients

The first step to having surgery if you are from out of town is to set up a virtual consultation. Though it is ideal to have a personal face-to face consultation with Dr. Panossian, most out-of-town patients appreciate speaking with Dr. Panossian by phone first, to discuss their case and get more information prior to traveling to Los Angeles. In order to facilitate this initial step, we have set up an online consultation protocol as a convenient “first step:”

Email or call our office to set up an appointment. Or, email your contact information, if you prefer us to contact you.



You will then be given instructions on how to send current digital photos of your face via email. After receipt, a video appointment will be set up with Dr. Panossian so you can discuss your goals and expectations. He will review your medical history and photos, listen to your concerns/expectations, make recommendations, discuss risks and benefits, and answer all your questions.

After your consultation, you will receive a fee quote and if you decide to move forward, we will schedule your surgery date.

Once your surgery is scheduled, we will arrange for you to have most of your pre-operative work completed in your hometown. Our Patient Care Coordinator guides you through this process with detailed checklists. She will review all aftercare instructions and coordinate completion of your relevant medical studies and other pre-operative protocols.

Prior to your surgery, you will meet Dr. Panossian in person for a pre-operative appointment, where he will examine you, review your procedure(s), and take a complete set of photographs.

Following your surgery, your care will transition to our post- surgical care team. Your recuperation must be coordinated in advance and you will be required to stay in Los Angeles after surgery. The length of time required will vary depending on the nature of your procedure and will be discussed during your consultation.

We invite you to visit our website to take a look at some of the resources we have provided for out-of-town patients, including travel, transportation, accommodations, and visiting popular attractions.



For Out-of-Town Patients Where to Stay

Pasadena, California is a world-class city with a well-deserved reputation for fine arts and dining. It is home to the Rose Bowl and the annual Tournament of Roses (aka, Rose Parade), conducted every New Year's Day. Because of this unique distinction, Pasadena is known as the Rose City. Whether you want to catch a show at the world famous Pasadena Playhouse or arrange a tour through NASA's Jet Propulsion Laboratory, there's a lot to see and do in addition to all that the greater Los Angeles area has to offer. There are many options available for patients when it comes to staying in Pasadena. Below, you will find several terrific options for your stay. For those needing longer stays, Airbnb is an excellent affordable option.



Langham Hotel
1401 South Oak Knoll Ave.
Pasadena, CA 91106
626.568.3900

Sheraton Pasadena
303 Cordova St.
Pasadena, CA 91101
888.861.8331

Westin Pasadena
191 N. Los Robles Ave.
Pasadena, CA 91101
626.792.2727

Pasadena Hotel & Pool
928 E. Colorado Blvd.
Pasadena, CA 91106
626.884.4150

Hilton Pasadena
168 S. Los Robles Ave.
Pasadena, CA 91101
626.577.1000

Courtyard Los Angeles/Pasadena
180 N. Fair Oaks Ave.
Pasadena, CA 91103
626.403.7600

“

I am extremely grateful for Dr. Panossian. He is truly is an exceptional surgeon and person in general. Dr. Panossian is very knowledgeable and explained my procedure and recovery in a way that I was able to understand, which left me at ease. He is patient-centered with a kind and caring bedside manner. His reassurance kept me calm during the recovery process as he was very responsive to questions or concerns I had. Thank you Dr. Panossian, I appreciate you. I am happy with my results and recommend you without reservations.

--Natalie L., Yelp Review



Budgeting & Financing Options

Our patient care coordinators will assist you with any insurance claims, when applicable. They will explain the process involved and any steps you will need to take to assure coverage. This does not mean that insurance companies will necessarily play ball, but we will do our best in the event your procedure is medically necessary.

Budget and finances are always a consideration when choosing to undergo elective surgery. As a service to our patients, we are pleased to offer attractive financing options for our surgery patients. The beauty of financing is you can schedule your procedure today and conveniently pay later—with low, monthly payments that fit your budget and lifestyle.

We offer financing through CareCredit and Cherry. In many cases, you can finance 100% of your cosmetic surgery with no up-front costs, zero-interest, no annual fees, no pre-payment penalties, and no hard inquiry. The first step is to fill out an online application to see if you qualify. ***Please let our team know if you have questions.*** We'll gladly guide you through the process.





Surgery FAQs

What type of anesthesia will be used?

Some procedures will require a lighter version of general anesthesia (aka, "twilight" anesthesia) depending upon the extent of surgery. For example, local anesthesia is used for most procedures done in the office. Otherwise, the vast majority of surgeries are done under general anesthesia, which means you will be fully asleep during the procedure.

Is general anesthesia safe?

Over 20 million people receive general anesthesia per year in the United States. Among healthy individuals with no other co-morbidities, the risk of serious complications with anesthesia is much less than 1%.

What happens on the morning of surgery?

Immediately before surgery, Dr. Panossian will visit you in the preop area and go over any final questions or concerns you may have. If indicated, he will also perform markings that will help guide him during surgery. You will also meet with your anesthesiologist who will review the details of going to sleep and review your questions.

What happens DURING surgery?

During your procedure, Dr. Panossian will efficiently move through your surgery in well-rehearsed steps to minimize your time under anesthesia and to achieve the surgical goals. The anesthesiologist will be monitoring your vital signs while you sleep.

What can I expect AFTER surgery?

As your nerves and tissues heal, it is not uncommon for you to experience pain or symptoms unrelated to the surgical area. For example, you may have a sore throat from the breathing tube or arm pain from the blood pressure monitor. This should pass in 1-2 days. Your recovery time may vary but complete recovery may take several days to weeks depending upon the type of procedure performed. Dr. Panossian will tailor these recommendations after surgery. For most people, the majority of postoperative pain tends to subside in 2-3 days. If you are experiencing pain that is getting more severe despite proper pain medication, you will need to contact Dr. Panossian immediately. Under most circumstances, the majority of swelling and bruising will resolve in 1-2 weeks. This is all normal.

“

I can't thank Dr. Panossian enough for the life changing surgeries he has done for me. I have NF also known as neurofibromatosis, and have had two surgeries already that have made a tremendous change on my body. I trust him with everything. I would never go to any other surgeon but him. He is caring and really knows what he is talking about. He truly cares for his patients and wants what is best for them. I would highly recommend him for just about anything.

--Priscilla M., Google Review

Surgery FAQs

How many stitches will I have and do they need to be removed?

Dr. Panossian will use both absorbable and non-absorbable sutures for your surgery. This is determined based on experience and what combination of stitches will give you the best appearing scar. Often, patients want to know how many stitches were used. In reality, Dr. Panossian will use hundreds of stitches to get the most optimal scar. This is what sets plastic surgeons apart from virtually all other specialists in medicine or surgery.

How long will I be swollen?

For most surgeries, most of the swelling will settle between the first and second weeks. Swelling will continue to improve for several more months. The one exception is the nasal tip after rhinoplasty can continue to stay swollen for 1-2 years.

How do I take care of my surgical site?

Dr. Panossian believes in making postoperative dressings as simple as possible. Every surgery will require slightly different aftercare

instructions. These will be reviewed during your preoperative appointment and upon discharge from the surgery center.

How long until the incisions heal?

Everyone heals at different rates. As a rule of thumb, incisions look their worst at 2-6 weeks after surgery and will need to settle for up to 1 year.

How do I get home?

You must be picked up by a designated responsible adult, usually a family member. This is because anesthesia may affect your coordination and reflexes for up to 24 hours after the surgery.

How will my post-operative pain be managed after surgery?

Depending upon the extent of your surgery, Dr. Panossian will prescribe several medications to address issues related to possible pain, nausea, and control of infection. For more invasive procedures, he will prescribe baseline pain control medications to minimize the use of narcotic-based pills. These can include the following:

- Hydrocodone-acetaminophen (eg, Norco, Vicodin, etc.) as needed for pain
- Celecoxib (ie, Celebrex) taken continuously for 1 week in addition to narcotic meds
- Gabapentin (ie, Neurontin) taken continuously for 1 week in addition to narcotic meds

Do I have to stay overnight?

Most surgeries are outpatient, meaning you will go home the same day. Under some circumstances, Dr. Panossian may want you to stay overnight in the Huntington Care Suites located immediately adjacent to his office or other facility.

How long is my recovery?

After most surgeries, it is safe to assume at least 1 week off from school or work. The incisions will continue to heal and change for 4-6 weeks. In some cases, you will not be able to engage in aggressive exercise, contact sports, or heavy lifting for up to 6 weeks.

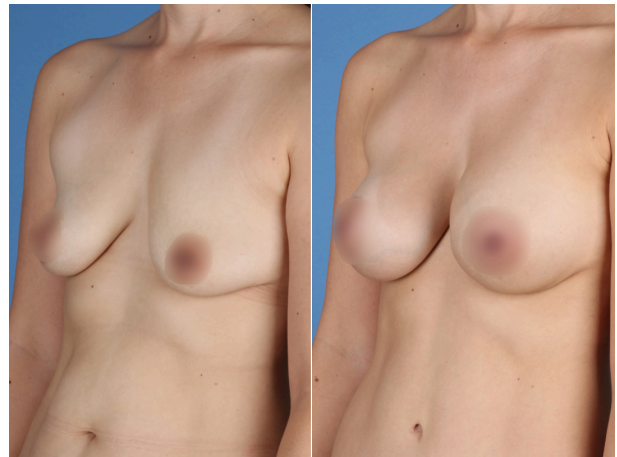
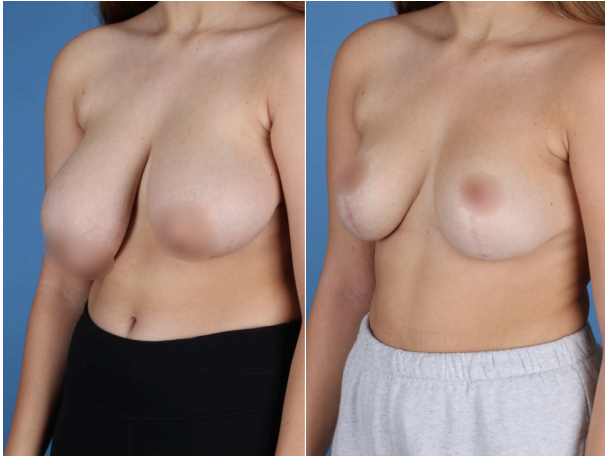
GET READY TO BE "WOWED!"

A look at some of our work. Please visit our online gallery at DrPanossian.com to review more amazing transformations!



SOMETIMES, A LITTLE INSPIRATION IS ALL YOU NEED...

A look at some of our work. Please visit our online gallery at DrPanossian.com to review more amazing transformations!





ANDRE PANOSSIAN MD
PLASTIC SURGERY

39 Congress Street | Suite 402
Pasadena, California 91105
t: 626.765.6885
e: contact@drpanossian.com
DrPanossian.com