

dr. GRIGORIAK

PATIENT HANDBOOK

THIS GUIDE WILL HELP YOU PREPARE
FOR PLASTIC SURGERY AND ADDRESS
YOUR QUESTIONS



PLANNING THE OPERATION

FOR FURTHER ASSISTANCE, CONTACT
THE DOCTOR'S MANAGER:

+971 56 917 3979

HOURS: MON-SAT, 09:00 TO 21:00

- If travelling from another city, confirm any air travel restrictions with the doctor after surgery.
- Sick leave for aesthetic procedures are provided upon request.
- Avoid scheduling the procedure during or just before your menstrual period to minimise blood loss and swelling.
- Complete the required tests and examinations. If abnormalities are detected, additional specialist consultations may be necessary.

[DOWNLOAD THE LIST](#)

CONSULTATION, TESTS AND PAYMENT

1. Schedule a consultation on the [website](#). Online consultations are available if needed.
2. After the consultation, you will receive the exact procedure cost, valid for three months.
3. The manager will coordinate a surgery date. A non-refundable advance payment of AED 5,000 (online or in cash) is required to secure your booking.
4. Full payment must be completed **2 days before surgery**. Instalment options (e.g., Tabby, Tamara) are available.
5. Begin your check-ups and tests **10 days before surgery**. Submit results promptly to the manager. Every patient is also required to attend a pre-operative consultation with the anaesthesiologist at the hospital **4 days before surgery**. Please schedule this appointment in advance through the manager.

Detailed Instructions and Requirements
and the List of Examinations.

[DOWNLOAD](#)

PREPARING FOR SURGERY

- Medication Restrictions: Consult about stopping medications like hypotensives or anticoagulants (e.g., Cardiomagnyl).
- Facial Procedures: Avoid facial apparatus and injectable treatments for one month before the operation, if it includes facial surgery.
- Smoking: Do not smoke for three weeks before and after surgery, as nicotine delays healing. Smoking is strictly forbidden for facelifts and abdominoplasty.
- Sunbathing: Avoid sun exposure two weeks before surgery.
- Arrival Time: You will be informed of the exact arrival time at the hospital the day before surgery.

THE DAY BEFORE SURGERY

- Hair Removal: Remove hair from the surgical area completely:
 - rhinoplasty: Inside the nose (wax removal is ideal);
 - liposculpture and Intimate Plasty: intimate area;
 - mammoplasty (when performed through the armpit): armpit area.
- Dietary Restrictions: For two days, avoid foods containing rough fibre causing gas formation, including:
 - cabbage, legumes, fermented milk products;
 - alcohol, flour products, red meat;
 - carbonated drinks, fast food, fruit, mushrooms.

WHEN YOU CAN EAT AND DRINK

- Afternoon/Evening Surgery:
 - do not eat 8 hours before the operation;
 - do not drink 6 hours before the operation;
 - avoid chewing gum 24 hours before the operation.
- Morning Surgery:
 - a light dinner is allowed until 22.00 the night before;
 - drinking is permitted until midnight the night before.

ON THE DAY OF SURGERY

- Fasting: The operation is performed on an empty stomach!
- Emergency postponements: Surgery will be delayed in cases of:
 - presence of herpes;
 - temperature above 37.0°C;
 - signs of acute respiratory infection.
- Pre-Surgery Preparation:
 - take a shower in the morning;
 - avoid cosmetics and hair styling products;
 - remove piercings, metal jewellery and contact lenses.
- Arrival at Clinic: Arrive exactly at the appointed time. Early arrivals are unnecessary, and late arrivals can disrupt the surgical schedule.
- Final Discussions: Dr Grigoriak and the anaesthesiologist will review all details and the surgical plan with you.
- Procedure Details: The surgery lasts 1-7 hours and is performed under safe general anaesthesia. More information on anaesthesia safety is available on the website.

[ANAESTHESIA SAFETY](#)

WHAT TO BRING TO THE CLINIC

- Emirates ID or Passport.
- Money for a sick leave and post-operative medication.
- A phone charger.
- Comfortable, loose-fitting clothes that do not go over the head.
- Leave jewellery and valuables at home.

IMMEDIATELY AFTER THE OPERATION

- Consciousness: You will regain consciousness within 15 minutes but may feel drowsy for 1-2 hours.
- Medication Catheter: A catheter may be placed in your arm to administer medication and will be removed before discharge.
- Compression Stockings: Must be worn for a few days. Wait for the doctor's approval before removing them.
- Visitors: Patient visits are allowed. Arrange for someone to meet you upon discharge.
- Recovery at the Hospital: Depending on the complexity of your surgery, you may stay for a few hours to a full day before going home.

RECOVERY PERIOD

- Initial Results: Visible at your first dressing. Final results will be evident after 6-12 months.
- Post-Operative Care: Follow the doctor's recommendations strictly to prevent complications.
- Rhinoplasty: Bandage removal by the doctor in 7-10 days. Contact the clinic if it comes off earlier.
- Mammoplasty and Liposuction: Do not remove or unbutton compression garments without the doctor's permission for 7 days.
- Follow-Up Schedule: Routine check-ups occur:
 - 3-7 days after surgery;
 - 2 weeks after surgery;
 - 1 month, 3 months, 6 months and 12 months post-surgery (unless a customised schedule is provided).
- Check-Up Appointments: Call +971 56 917 3979 to book follow-ups.
- Rehabilitation Treatments: In the first week after surgery, consider physiotherapy treatments to expedite recovery.



FOR ANY QUESTIONS PLEASE CONTACT
THE DOCTOR'S MANAGER ON WHATSAPP:

+971 56 917 3979

MON-SAT, FROM 09:00 TO 21:00

EMERGENCY SUPPORT VIA PHONE +971 56 917 3979:
24/7 DURING THE FIRST MONTH AFTER SURGERY.

