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PLASTIC SURGERY OF THE FACE, BREAST AND BODY
CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

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GENERAL BEFORE AND AFTER INSTRUCTIONS

BEFORE SURGERY

- [If age 50 or over, you need to visit your internist or regular medical doctor for a medical check-up and clearance about two weeks before surgery. Your laboratory testing can be done with your internist as part of your clearance with the results faxed to our office (786-513-2679).
- [To avoid bleeding complications, do not take Aspirin, multivitamins, supplements, herbals about three weeks before surgery. If it is not medically prescribed and essential for you, do not take it. Check with us regarding your specific medications or questions.
- [Fill all your prescriptions before surgery – there will be at least two: one for pain (usually Vicodin or Percocet), one for antibiotics for 4 days (usually Keflex or Levaquin), pending any allergies. Generics are cheaper and are OK. Get Tylenol (regular or extra strength) also.
- [Ask us about our after surgery nutritional supplements. These items may help to reduce bruising and swelling after surgery.
- [No smoking (direct or indirect) at least two weeks before surgery – the longer the better.
- [No alcohol within four days of surgery, esp. no red wine.
- [To avoid blood clots and emboli, practice calf exercises (ballerina point/flex type) prior surgery so you know how to do them starting right after surgery.
- [The day before surgery, if needed, we will perform your surgical skin markings. We will review your before photos and reaffirm our goals as clearly as possible and address any remaining questions and concerns. If you wish to take a long shower before surgery, do so before the markings (although you can take a small shower after the markings). You might also want to avoid wearing your favored clothes since the markings may stain them.
- [Be well nourished, hydrated and rested before your surgery. Be in bed no later than 9 PM the night before. If you anticipate being very nervous, ask us for a mild sedative prescription when receive your other prescriptions before surgery. Any cold or other symptoms and we will reschedule your surgery.
- [Do not eat or drink anything after midnight the evening before surgery and NOTHING for breakfast the morning of surgery.
- [Leave valuables at home – only bring essentials.
- [No makeup the morning of surgery. Avoid nail polish. No earrings or other piercings. No contact lenses.
- [Wear extra comfortable, loose fitting clothes and flat shoes. Avoid shirts that require you to raise your arms above shoulder level.

- [Plan on arriving at the hospital about 1-2 hours before scheduled start time.

- [Bring some magazines to leaf through before your surgery gets started.
- [Pre-schedule your first and second after surgery visits with us so your family / friends can plan their schedules.

AFTER SURGERY

- [Stay at home in bed for the remainder of the day.
- [Rest in bed with your torso slightly elevated around 20 degrees from the horizontal.
- [Practice your calf exercises every hour while lying in bed.
- [Cough and clear your lungs of secretions.
- [Eat 3 meals a day - well balanced food with plenty of protein, fiber and carbohydrates. Ice cream, to cheer you up, is also OK. If you don't eat, you will be weak and nauseated longer than necessary.
- [Drink plenty non-carbonated drinks: water and juices.
- [Get out of bed every two to three hours and walk a little bit, then back to resting.
- [Take your antibiotics as instructed – for 4 days or otherwise instructed.
- [Manage your pain using the Percocet or Vicodin, no more than every 4 hours, preferably with food in your stomach or you will be nauseous. If the pain is not bad, don't use Percocet but try Tylenol (regular or extra strength) instead. The goal is not pain elimination but management so you can function. Two days after surgery, you should be finished with the Percocet. Be aware that both Vicodin and Percocet are very constipating and that your bowel function will not resume until you are off them for a day or two.
- [The day after surgery, you are to come to our office for your first check up.
- [Two or three days after days after surgery, you may take a shower. Afterwards the incision is to be cleaned with regular rubbing alcohol, covered with antibiotic ointment and a sterile dressing.
- [You cannot drive a car until you are completely off all pain medications.

If any question is not covered by the above, ask us any time. There is every opportunity to have all your questions addressed. Call us: 305-381-8837.