

PRE-OPERATIVE INSTRUCTIONS

DR. Ben Brown

A successful surgery requires a partnership between you and your surgeon. Adhering to the instructions provided are essential to a safe experience and a good outcome. Read through these instructions now so you have time to prepare and ask any questions. If you are unable to comply with these instructions, you must notify Dr. Brown as soon as possible. For safety reasons, your surgery may have to be postponed or delayed. These instructions are essential for your health and safety. There may be several weeks between your decision to have surgery and your actual surgical date. During this time there are several important considerations.

Nutrition:

- Good Nutrition is essential during this week prior to surgery and for 6 weeks after surgery. Crash dieting; over-eating or high alcohol intake can greatly affect your overall health and well-being. In addition to a healthy well balanced nutritional plan, we suggest you take the following daily supplements:
 - 1: Multivitamin (any brand)
 - 2: Vitamin C 500mg
- A high protein diet using healthy proteins (chicken, beef, fish, nuts and beans)
 - 1: 1 gram of protein per kilogram of body weight per day (minimum of 100 grams daily)
 - 2: Most people will need to supplement their protein with a protein supplement.
 - 3: A protein supplement should not be used as a meal replacement
 - 4: Protein Powders should be mixed with the least amount of volume so it does not suppress your desire to eat regular meals.
 - 5: We recommend products that contain 20-30 grams per serving.
 - 6: Some brands that our patients like include Nectar Whey Protein by Syntrax, Organic Pea Protein by Micro-ingredients, Collagen Protein by Bulletproof Unflavored.
 - 7: HIGHLY recommend 3 muscle milks per day for 7 days.

Exposure to Nicotine

- Nicotine will greatly impair your ability to heal which can lead to wounds and delayed
 - 1: You must be free of nicotine at least **4 weeks BEFORE** surgery.
 - 2: You must be free of any nicotine patch or nicotine-based products for a minimum of **4 weeks AFTER** surgery.
 - 3: Nicotine is found in cigarettes, cigars, smokeless tobacco, chew, dip, E-cigs, nicotine patches/gums and vaping.
 - 4: Avoid second-hand smoke.
 - 5: Costs associated with additional surgery required due to complications of Nicotine exposure will be at your expense.

Herbal Remedies and Supplements

- Stop taking all herbal remedies, homeopathic medications and supplements **4 weeks BEFORE** your surgery
- Do not restart for **4 weeks AFTER** surgery.
- Common herbal remedies, homeopathic medications and supplements that can cause bleeding and bruising after surgery:
 - 1: Vitamin E Capsules
 - 2: Green tea extractions
 - 3: Fish Oil and Omega 3/Omega 6
 - 4: St Johns Wart
 - 5: Feverfew
 - 6: Chamomile

Activity

- Practice Proper Fitness
 - 1: You need to not engage in an aggressive or new fitness routine. Practicing good fitness habits is an important factor in your overall health and well-being. Stretching exercises and low-weight strength training now, can help to enhance your posture and your strength in the weeks following surgery.
- Avoid illness: A lingering cold, virus, or other illness can result in your surgery being rescheduled.
 - 1: Practice good hand washing
 - 2: Avoid large crowds, or individuals who are ill.
 - 3: Make certain to address any illness immediately and advise our office of

any serious illness or change in your health.

- Avoid Sun Exposure

1: Tanning and sun damaged skin is more likely to produce unattractive scars

- Prepare and Plan

1: Schedule any time off work, and any support you will need at home in the days

following surgery.

2: Make certain a responsible adult is enlisted and confirmed to drive you to and from surgery, and that someone is available to stay with you around the clock for at least 24 hours following surgery.

3: Put your schedule and routine together for the day before your surgery, day of surgery and the first few days following surgery.

4: Share this with your key support people.

Preoperative Preparation

- Your surgery will be canceled if all requested pre-operative testing and medical clearance are not completed 1-week prior to your surgery date.
- It is **YOUR** responsibility to ensure these results are available to our office 1-week prior to your surgery date. Fax (844)-257-8093 (must dial code even if local)

If you are having reconstructive surgery on your breasts that is covered under insurance, we **MAY** order a Screening Mammogram for all patients 35 years and older. Relax and enjoy your life. Stress and anxiety over life's daily events, and even planned surgery can affect you. While some anxiety is common, any serious stress, or distress over the thought of surgery is something you must discuss with our office. We are here to support you and answer all your questions. We want your decision to have surgery to be one made in confidence.

AFTER YOUR PRE-OPERATIVE VISIT

You must pick up prescriptions that were **ELECTRONICALLY** sent to your pharmacy. A paper copy is placed in your folder for your reference only. They **WILL NOT** be accepted at the pharmacy. Each procedure is different and requires different medications. **DO NOT** be alarmed if you did not receive every medication that is on the medication instruction sheet in your pre-op folder.

You **MAY** have received prescriptions for some of the following medications. These may be purchased **over the counter** to help with cost.

- **Stool softener** - Peri-Colace (docusate sodium / sennosides)
- **Miralax** (polyethylene glycol 3350)
- **Benadryl** (diphenhydramine) 25 mg tablets
- **Tylenol** (acetaminophen) 325mg tablets
- **Motrin/Advil** (Ibuprofen) 200mg tablets
- **Natural tears ocular lubricant eye drops** (Clear eyes or refresh or any generic)
- **Gentle Body Soap** Cetaphil or Dove body soap
- **Hypoallergenic Paper Bandage Tape**: 1-inch width (LATEX FREE)
- **Protein Powder**:
 1. We recommend products that contain 20-30 grams per serving
 2. Some brand that our patient's like include:
 - Nectar Whey Protein by Syntrax
 - Organic Pea Protein By Microingredients
 - Collagen Protein by Bulletproof Unflavored

ONE WEEK BEFORE SURGERY

STOP taking all NSAID medications. This includes

- Aspirin - BC Powders , Goodie Powders
- Ibuprofen - Motrin, Advil
- Aleve, Naproxen
- Mobic
- Any medications labeled "Migraine Strength"

START

- Stool Softener

Take 1 tab orally, twice daily starting 1 week before surgery and continuing 1 week after surgery. This is to get your bowels regular before surgery and prevent constipation after surgery.

- Confirm your day of surgery plans: This includes your transportation and after-care (a responsible adult for the first 24 hours, around the clock).
- Review your prescriptions and instructions

Expect a pre-anesthesia call to review your health for surgery. A nurse from the hospital will call you usually 1-7 days prior to surgery and ask screening questions. Occasionally

the facility **MAY** require more in-depth hands-on evaluation by a member of Anesthesia Team if they deem necessary.

Anesthesia **MAY** request preoperative testing to be obtained for surgery clearance. This will be ordered by the facility if they require it.

Anesthesia has the final say in proceeding with any surgery. It is imperative that you are honest in relaying all pertinent medical conditions and medications. This will limit any risk of cancellation the day of surgery.

TWO DAYS BEFORE SURGERY (IF ANESTHESIA IS REQUIRED)

Shower with the surgical scrub prescribed (Chlorhexidine, Hibiclens) the night before surgery as well as the day prior to leaving the house using the following instructions.

The wash may be purchased **over the counter** as well

1. Wash your hair as usual with your regular shampoo. Then rinse hair and body thoroughly to remove shampoo residue.
2. Wash your face with regular soap and water **ONLY**.
3. Wash your genital area with regular soap and water **ONLY**.
4. Thoroughly rinse your body with warm water from neck down.
5. Turn off the water and begin applying the surgical wash to prevent rinse the chlorhexidine soap off too soon.
6. Apply the minimum amount of chlorhexidine necessary to cover the body.
7. Use chlorhexidine as you would any other liquid soap. Wash gently for 5 minutes with a washcloth. Pay special attention to the area of surgery.
8. Turn the water back on and rinse thoroughly with warm water.
9. Do **NOT** use your regular soap after applying and rinsing the chlorhexidine.
- 10 Pat yourself dry.
11. Do **NOT** apply lotion, powders, or perfumes.
12. Put on clean clothes.

Avoid genital area and eyes. Do **NOT** use the wash **AFTER** surgery.

Shaving or Waxing is **NOT** required. If you choose to wax or shave your bikini area and legs, please do so 48 hours prior to surgery to prevent ingrown hairs and increased risk for skin infection

ONE DAY BEFORE SURGERY:

Pack your bag for the day of surgery. This should include:

- All paperwork
- Reading glasses (**NO** contact lenses)
- Your identification (drivers license or passport)

If your surgery is Inpatient, you should bring toiletries, books, phone charger, or anything you think you will want or need while in the hospital. Confirm your route to and from surgery, with the responsible adult who will drive you.

Final Reminders

Don't forget to shower the morning of surgery prior to leaving the house with the special soap.

Do **NOT** apply:

- Body lotions
- deodorant
- hairspray
- perfume
- cosmetics

** If you were prescribed **Scopolamine Patch**, place the patch behind your ear the night before surgery. Avoid touching eyes after handling patch without washing your hands. Also make sure to remove this after surgery**

DO NOT EAT OR DRINK ANYTHING AFTER 10:00 PM THE NIGHT BEFORE YOUR SURGERY IF YOU ARE SCHEDULED AT THE HOSPITAL. THIS INCLUDES CANDY,GUM,MINTS,CRACKERS ETC.

Anything more than a small amount of water as needed for brushing teeth or swallowing medications may result in the need to cancel surgery.

HOSPITAL SURGERIES: Nothing to eat or drink after 10:00pm

OFFICE PROCEDURES: Bring **ALL** medications prescribed to the office with you.

Once arriving at the office, the Medical Assistant will dispense what you will need to take. After the procedure you will need to follow the medication instructions that were placed in your folder at pre-op. You **SHOULD** eat or drink prior to an office procedure since you will not be put to sleep, Medications are more likely to make you nauseous on an empty stomach.

Dress appropriately.

- **Do not wear**
 - Jewelry of any kind

- Contact Lenses
- Body piercings: (If there is something you cannot remove, let the admitting nurse know right away)
- Jean or tight fighting pants
- **Do wear**
 - Lose fitting clothes such as draw sting or elastic waistband sweatpants
 - Slip on flat shoes
 - Zipper front or button up shirt

Arrive on time

Empty your bladder just before surgery

Prepare your home and relax. You may want to find the most comfortable place where you can gently recline and recover. You don't want to be testing locations or pillows the day of surgery. Call our office with any unusual anxiety or concerns. Get plenty of rest