



KEY WEST

INSTITUTE FOR PLASTIC SURGERY

General Pre-Op Instructions

Two weeks prior to surgery

No aspirin or medications that contain aspirin since it interferes with normal clotting. Hemorrhaging/bleeding can occur as a result.

No ibuprofen or medications that contain ibuprofen as it interferes with blood clotting. Bleeding can occur as a result. You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting.

Please discontinue herbal medicines, also ginger, garlic, ginseng and fish oil supplements and diet pills whether prescription or over the counter as many have side effects that could complicate a surgical procedure by inhibiting blood clotting. Hemorrhaging can occur as a result. Discontinue use of vitamin E. If you have questions about medications that you are taking, be sure to ask your surgeon.

No smoking because nicotine reduces blood flow to the skin and can cause significant complications during healing.

Do not take or drink any alcohol or drugs for one week prior to surgery and one week after surgery as these can interfere with the effect of narcotics (pain killers). Also, the use of alcoholic beverages can cause unwanted bleeding.

Do report any signs of cold, infection, boils, or pustules appearing before surgery.

Do arrange for a responsible adult to drive you to and from the hospital on the day of surgery, since you will not be allowed to leave on your own. Make arrangements to have a responsible adult to spend the first 24 hours with you, since you cannot be left alone.

Do not shave or wax a couple of days before surgery to minimize risk of infections.

Night before surgery and morning of surgery

Have your prescription filled before the day of surgery but do not start taking them until after you return home from surgery.

DO NOT EAT OR DRINK anything (**not even WATER**) after midnight the night before your surgery. Also, no gum, candy, mints, coffee or water the morning of surgery. Do not sneak anything as this may endanger you. Eating or drinking before surgery increases the risk of vomiting and pulmonary aspiration, which can lead to long-term complications or death.

Do take a thorough shower with a microbial soap (e.g. Dial) the night before and the morning of surgery. Shampoo your hair the day before surgery if you desire, not the morning of surgery. Do not apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant.

You may brush your teeth the morning of surgery but do not drink anything.

Do not wear contact lenses to surgery. If you wear glasses, bring your glasses case.

Do not bring any valuables or wear any jewelry including piercings, earrings, toe rings, wedding rings, and chains.

Do wear comfortable, loose fitting clothes that do not have to be put on over the head. The best things to wear are a top or dress that buttons up and pull on pants.

Keep a positive attitude throughout your surgical procedure and recovery.

Post-operative instructions

The effects of anesthesia can persist for 24 hours. Nausea, vomiting, dizziness, and itchiness can occur. You may experience mild discomfort in your throat since you had a tube inserted in your throat for breathing during surgery. Drink plenty of fluids to help your body to get rid of the drugs used in surgery.

Diet may be as tolerated. Avoid large and heavy meals. They can cause indigestion. Remember your body was put to sleep so you do not want to cause exertion to your stomach and intestine. Anesthesia contributes to constipation. Eat foods that are bland and soft for the first day or so. E.g. soup, jello, steamed vegetables, oatmeal.

After surgery it is important to have a bowel movement within a day or two. If you do not, you may take over the counter laxatives (e.g. Miralax) to encourage your bowels to move. Increase fiber in your diet on the second day after surgery. Prune juice is recommended.

If you are taking narcotics (pain killers) make sure you take **Colace** if you become constipated. Narcotics (opioids) can cause constipation. Please avoid the use of alcoholic beverages for the first 24 hours. It can cause unwanted bleeding.

Ice the injured area to control swelling and pain. Don't ice for more than 20 minutes. **If you had a facelift, apply cold compresses** (clean wash cloths or gauzes soaked in ice water and wring out) to your eyes and cheeks for 20 minutes every 2 hours for the first 24-48 hours. This is to minimize your swelling and bruising. It also soothes facial tissue.

No smoking for the first 7 postoperative days. Any cheating will delay wound healing.

Minimal activity for the first 48 hours. No house cleaning or rearranging furniture. Limit lifting, pulling or pushing for 10 days. Any stress on your muscles will stretch/break stitches.

For all surgeries, when laid in bed remember to point your toes to the ceiling and push your heels downward frequently in order to prevent blood clots.

If you had a facelift, avoid any excessive facial movements, such as smiling, chewing, talking, sucking on straws, or yawning for the first 7 days. Eat soft, low sodium food. Do not bump, stretch, or rub your face or eyes for the first 3-4 weeks. Do not operate a motor vehicle until you

can safely turn your head without putting a strain on your incision. Your neck and shoulders should turn as one.

Avoid sports or strenuous activities 4 to 6 weeks as your surgeon gives you clearance during your post-operative visits. **Sexual activity** may be resumed in 2 weeks if you had a facelift and 4 weeks for a tummy tuck patient. For the first 10 days following surgery, raising your blood pressure (heart rate) will cause bleeding. Any stress on your muscles will stretch/break stitches.

Position after surgery is different with different types of surgery. If your surgery is from the waist up we ask that the head of bed be elevated to a 45 degree angle on 2-3 pillows for the first two weeks. Do not lie on either side. (Do not twist or turn your head or neck if you had a facelift). If your surgery is from the waist down your head should be kept elevated about 30 degrees (two pillows) with knees slightly flexed. Sleeping in a reclining chair may be a good option for the first few days after any procedure.

You may shower on the second day after your surgery. Continue the use of Dial soap. **Keep the incision dry and intact.** If the incision gets wet use a blow dryer only on the cool or warm setting to dry the bandage. Do not remove dressings unless instructed, even if they have some bloody drainage. If you have excessive bleeding, call the office immediately.

If you had a facelift, you may wash your face lightly 2 days after surgery using a mild cleanser and water. Pat dry. You may wash your hair lightly after your bandage dressing is removed, usually 24-48 hours after surgery using a mild shampoo and water. Temporary numbness around your temple, eyes, ears, and neck is normal. Moderate itching near the incisions is normal.

If you had a facelift, do not dye or tint your hair for 4 weeks after surgery. Avoid using a curling iron or blow dryer to numb areas of your scalp. You could burn yourself and not even realize it. Do not use makeup for the first 7 days. After that you may wear it, but avoid applying it along the suture line.

Do not use the bathtub for two weeks for all surgeries.

If your procedure involves drains for fluid collection, keep your drainage bulbs collapsed. You may want to wear a two-pocket shirt, shorts, or dress and keep each bulb inside of each pocket. Record time and amount of drainage over 24 hours. Generally the drains are removed when the drainage is 30 cc or less in a 24 hour period which usually occurs in 5-7 days.

If you had a tummy tuck, after surgery you will be wrapped up in a binder. **Do not wear any tight fitting clothes, garment or corset over the operated area.** Any extra garments can cause blood flow constriction to the affected area. Death of skin tissue can occur as a result.

All surgeries involve some scarring, which can take up to a year to fade. Exposing red scars to the sun can cause permanent discoloration. Sunlight can even reach scars under a swimsuit, so take adequate precautions. We recommend the purchase of **Biocorneum**, which is a unique scar therapy providing a silicone base to help prevent abnormal scar formation with high protection sunscreen agents. We have Biocorneum available in our office for purchase.

Warning: Biocorneum should only be started six weeks after surgery. If that is used before, it can cause premature breakage of scar tissue.

After your breast augmentation, apply compressions by pushing in each breast in a circular motion for 10 seconds 10 times a day for 10 weeks. This is to prevent capsular contracture, which is the buildup of scar tissue around the implant. Capsular contracture causes the breast to harden, and may cause the breast to look and feel different.

Call the office at (305) 809-8011 if you have: **SEVERE PAIN** not responding to pain medication, swelling that is greater on one side than the other, incisions that are **red or feverish**, a **fever**, or if any other questions or problems arise.

Items to be purchased prior to surgery

- ✓ **Dial bar soap**
- ✓ **Biocorneum** Scar therapy with sunscreen agent. Start at six weeks post-op.
- ✓ **Lasergensis Scar Treatment package (Cutera Laser)**. Start at 4 weeks post-op and treat for 6 weeks to decrease redness of scar and ultimately fade scar away. This is the single most important technology breakthrough in scar therapy in the recent past. **Call our office to sign up for the treatment package.**
- ✓ **Arnika Forte**. This product is widely used by plastic surgeons and dermatologists to aid in the recovery from bruising, swelling and pain. It can be purchased in our office. **Start to take Arnika two days prior to the procedure.**
- ✓ **Bacitracin** ointment not Neosporin: It can be purchased over the counter at Publix or any drugstore. It needs to be applied to incision twice a day after Steri-Strip is removed. Apply bacitracin to an incision that has been cleaned with saline or washed with soap and pat dry.
- ✓ **Colace**, stool softener and a laxative e.g. Miralax or milk of magnesia.
- ✓ **Ice packs**. Do not apply ice packs directly to the skin. Place it inside a pillowcase or wrap it in a towel. Ice helps reduce inflammation, therefore reducing pain and swelling and the need for drugs. **ICE is the best remedy to control pain and swelling.** The hospital will send you home with some ice packs as well.
- ✓ Sports bras that have a front zipper if you are having a breast surgery.
- ✓ Buy underpads (chux pads) if you are having liposuction. Continuous leakage of fluids (watered-down blood color) from the incision can occur after surgery. You may want to protect your couches and beds and the car seat during the ride home from the hospital.