



PRE-OPERATIVE INSTRUCTIONS

Dr. Ben Brown & Ashley Chandler MD

A successful surgery requires a partnership between you and your surgeon. Adhering to the instructions provided are essential to a safe experience and 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 the surgeon 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 the weeks 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, balanced nutritional plan, we suggest you take the following daily supplements:
 - Multivitamin (any brand)
 - Vitamin C 500mg
- A high protein diet using healthy proteins (chicken, beef, Fish, Nuts, Beans).
 - 1 gram of protein per kilogram of body weight per day (minimum of 100 grams daily).
 - Most people will need to supplement their protein with a protein supplement.
 - A protein supplement should not be used as a meal replacement
 - Protein powders should be mixed with the least amount of volume so it does not suppress your desire to eat regular meals.
 - We recommend products that contain 20-30 grams per serving.
 - Some brands that our patient's like include Nectar Whey Protein by Syntrax, Organic Pea Protein by Microingredients, Collagen Protein by Bulletproof Unflavored

Exposure to Nicotine

- Nicotine will greatly impair your ability to heal, leading to wounds and delayed recovery.
 - You must be free of nicotine for at least **4 weeks BEFORE** surgery.
 - You must also be free of any nicotine patch or nicotine-based products for a minimum of 4 weeks prior to surgery.
 - Nicotine is found in cigarettes, cigars, smokeless tobacco, chew, dip, E-Cigs, nicotine patches/gums and Vaping.



- Avoid second-hand smoke.
- Costs associated with additional surgery required due to complications of nicotine exposure will at your expense.

Herbal Remedies and Supplements

- Many herbal remedies, homeopathic medications and supplements can cause excessive bleeding and bruising.
- 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:
 - Garlic tablets
 - St. John's Wort
 - Vitamin E capsules
 - Green tea extracts
 - Fish Oil and Omega 3 / Omega 6

Activity

- Practice Proper Fitness
 - You need not engage in an aggressive or new fitness routine; however 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.
 - Practice good hand washing
 - Avoid large crowds, or individuals who are ill.
 - Make certain to address any illness immediately and advise our office of any serious illness or change in your health.
- Avoid Sun Exposure
 - Tanning and sun damaged skin is more likely to produce unattractive scars.
- Prepare and Plan
 - Schedule any time off work, and any support you will need at home in the days following surgery.
 - Make certain a responsible adult is enlisted and confirmed to drive you to and from surgery, and that someone is confirmed available to stay with you around the clock for at least 24 hours following surgery.



- Put your schedule and routine together for the day before surgery, day of surgery and first few days following surgery.
- Share this with all your key support people.

Pre-Operative Preparation

- Your surgery will be canceled if all preoperative requested pre-operative testing and medical clearances 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
 - If you are having any surgery on your breasts, please ensure to have a **Screening mammogram for all patients 35 years and older if covered by your health insurance plan**

OR A

- **Screening mammogram for all patients older than 40 years old regardless of whether it is covered by your health insurance plan.** Discounted self-pay pricing is available through Touchstone Imaging and The Woodland's.
- Review the surgical consent forms given to you by our office. Write down any questions you have so you can discuss them during your pre-operative visit.
- Relax and enjoy life.
 - Stress and anxiety over life's daily events, and even your 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 with confidence.

AFTER YOUR PRE-OPERATIVE VISIT

- Fill your prescriptions at least one week before surgery
- Go shopping at a local pharmacy for:
 - Stool softener - Peri-Colace (docusate sodium / sennosides)
 - Miralax (polyethylene glycol 3350)
 - Milk of magnesia
 - Benadryl (diphenhydramine) 25mg tablets
 - Tylenol (acetaminophen) 325mg tabs
 - Motrin/Advil (Ibuprofen) 200mg tabs
 - Natural tears ocular lubricant eyedrops (Clear eyes or Refresh or any generic)
 - Gentle Body Soap: Cetaphil or Dove Body Soap
 - Hypoallergenic Paper Bandage Tape: 1-inch width (LATEX FREE)
 - Compression Hose/Stockings:
 - Decreases your risk for developing blood clots during your recovery.
 - Knee high or thigh high (15-20 mmHg compression)
 - Should only be worn during the day while you are awake.



- Protein Powder:
 - We recommend products that contain 20-30 grams per serving.
 - Some brands that our patient's like include:
 - Nectar Whey Protein by Syntrax
 - Organic Pea Protein by Microingredients
 - Collagen Protein by Bulletproof Unflavored.
- Compression Garments:
 - We will provide you with one garment that you will wear home from surgery
 - We do not recommend you purchase additional garments
 - It is ok to be “garmentless” for 1-2 hours while it is being washed.

ONE WEEK BEFORE SURGERY

- Stop taking all NSAID medications 1 week before your surgery. This includes:
 - Aspirin- BC Powders, Goodie Powders
 - Ibuprofen – Motrin, Advil
 - Aleve, Naproxen
 - Mobic
 - Any medication labeled “Migraine Strength”
- Start taking:
 - Stool Softener such as Peri-Colace or docusate sodium / sennosides)
 - Take 1 tab orally, twice daily starting 1 week before surgery and continuing 1 week after surgery.
 - This is to get you 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.
- Grooming
 - If you choose to wax or shave your bikini area and legs, please do so 48-hours before surgery to prevent ingrown hairs and increased risk for skin infections
 - Grooming is not required prior to surgery
- Expect a pre-anesthesia call to review your state of health for surgery
 - A nurse will call about a week prior to surgery to ask screening questions
 - Occasional Anesthesia will require a hands-on evaluation by a member of the Anesthesia Team
 - Any preoperative testing or medical clearances need to be completed and available for review by the Anesthesia team.
 - Anesthesia has the final say in proceeding with any surgery.



TWO DAYS BEFORE SURGERY

- Start showering with the surgical scrub prescribed (chlorhexidine, Hibiclens)
 - The night before surgery
 - The morning of surgery before leaving for the surgery center
 - Do not use on head or face
 - Keep out of your eyes
 - Avoid the genital area
- Step by Step Instructions
 1. Wash your hair as usual with your regular shampoo. Then rinse hair and body thoroughly to remove and shampoo residue.
 2. Wash your face with regular soap or water only.
 3. Wash your genital area with regular soap or water only.
 4. Thoroughly rinse your body with warm water from the neck down.
 5. Turn off the water to prevent rinsing the chlorhexidine soap off too soon.
 6. Apply the minimum amount of chlorhexidine necessary to cover your skin.
 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 chlorhexidine.
 10. Pat yourself with a clean towel.
 11. Do not apply lotion, powders or perfumes to the areas cleaned with Hibiclens.
 12. Put on clean clothes.
- Prepare your home and relax
 - Find your comfort zone
 - Locate 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.

ONE DAY BEFORE SURGERY

- Pack your bag for the day of surgery.
 - This should include:
 - All paperwork
 - Reading Glasses (no contact lenses)
 - Your identification (driver's license or passport)
 - All prescription medications
 - Compression stockings.
 - If you are spending the night in the hospital
 - Clothes, toiletries, books, phone charger and 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, using the special soap
Do not apply body lotions
Do not apply deodorant
Do not apply hairspray, perfume or cosmetics

REMEMBER

If you were prescribed a Scopolamine patch, follow the instructions and place one patch behind your ear the night before surgery.

Do not eat or drink anything after 10:00PM

No candy, gum or mints.

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

THE DAY OF SURGERY

NOTHING by mouth (except medications)

No candy, gum or mints.

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

Dress appropriately.

▪ **Do not wear**

- Cosmetics
- Jewelry of any kind
- Contact lenses
- Hair clips
- Body piercing: (If there is something you cannot remove, let the admitting nurse know right away.)
- Do not wear jeans or tight fitting pants

▪ **Do Wear**

- Comfortable, clean, loose-fitting clothing:
- Drawstring or elastic waistband sweatpants
- Slip-on flat shoes
- Zipper front or button up shirt

Arrive on time

Empty your bladder just before you go into surgery

Page 6 of 6

info@restoreplasticsurgery.com

Phone (850) 500-7527

Fax (844) 257-8093