

General Peri-operative Instructions



- **DO NOT EAT or DRINK ANYTHING** for 8 hours before your scheduled surgery time!!! (Unless your procedure is under local anesthetic only).
- **NO ALCOHOL** for 2 weeks before and 2 weeks after surgery.
- **NO ACTIVE TANNING OR CHEMICAL PEELS** for 2 weeks before and 2 weeks after surgery.
- **ARRIVAL** Please bring a photo ID with you. We ask that you arrive 1.5 -2 hours prior to your scheduled surgery. This time is necessary to complete admission procedures, prepare you for surgery, and permit us to do your surgery a little earlier, if the schedule permits. If you have any Advanced Directive, such as a Living Will, Medical Durable Power of Attorney, etc., please bring a copy with you, as this is a requirement that we have this on your chart whenever possible.
- **PAYMENT:** If your procedure is covered by insurance, please be prepared to pay your insurance co-pay. If your procedure is cosmetic please make payment to the facility prior to your surgery.
- **MEDICATIONS:** Continue all blood pressure, heart, and thyroid medications. Take any of your required medications at the usual time with just a tiny sip of water. Check with our staff regarding any medications in question, including those for Diabetes. **Please bring a list of your medications and dosages with you the day of surgery.** Also know the names of all medication allergies, as well as other allergies, such as latex.
- Two weeks prior to surgery **STOP ALL ASPIRIN, IBUPROFEN, HERBS, DIETARY SUPPLEMENTS** and **MEDICATIONS** on the **NO-NO LIST** you received. You may resume use of the aforementioned products 2 weeks following your surgery. You may use Acetaminophen (Tylenol) at any time.
- **ABSOLUTELY NO SMOKING** for at least 2 weeks prior to your procedure and 2 weeks after your procedure.
- **CLOTHING:** Wear loose fitting clothes that button or zip up the front. Wear flat comfortable shoes.
- **JEWELRY:** Remove any jewelry, including earrings, belly button rings, and other piercings. Metal objects create a burn risk. Inform the staff should you require assistance replacing these ornaments.

- **DENTURES/BRIDGES/etc.:** Let your anesthesiologist know if you have any of these dental appliances as you may need to remove them prior to undergoing anesthesia.
- **CONTACT LENSES:** Wear or bring your glasses. Contact lenses will need to be removed prior to surgery.
- **ILLNESS:** Should you become ill prior to your procedure, call the office. Generally, we will have you come in the morning of your procedure to be evaluated by our staff and/or the anesthesiologist. A fever or upper respiratory symptoms may post-pone your surgery until your symptoms have resolved.
- **MENSTRUATION:** If you are on your period at the time of your surgery, use sanitary napkins instead of tampons the morning of your surgery. Tampons will need to be removed prior to beginning your procedure.
- **PREGNANCY:** If there is **ANY** potential, whatsoever, that you may be pregnant, we will require a pregnancy test just before your procedure. You may be asked to bring a home pregnancy test kit with you to be performed the day of your surgery.
- **DRIVING:** You must have a ride home. You will NOT be able to drive yourself home, unless your procedure is strictly under local anesthetic without any form of sedation or narcotic use. No taxis. **DO NOT** drive while you are taking narcotic pain medications or if you would not for any reason be able to maintain control of your vehicle in the case of an accident, tire blow-out etc.
- **PAIN MEDICATIONS:** Take your pain medications regularly for the first few days. It is easier to stay on top of the discomfort than to play catch-up. We do not want you in a lot of unnecessary discomfort as it is important for you to be doing your deep breathing exercises, be up walking, and avoiding excessive elevation of your blood pressure. Pain medications may be stopped, if no longer needed, or substituted with Tylenol should you need a little something to take the edge off. Do not take your pain medications on an empty stomach.
- **CAREGIVER:** You **MUST** have a caregiver for the first 24^o after surgery, unless the procedure is performed under local anesthetic only.
- **ANTIBIOTICS:** If you are prescribed antibiotics, take them as directed on the bottle. Make sure that you finish all the antibiotics that have been prescribed, unless otherwise directed.

- **DEEP BREATHING:** Ten big breaths every hour while you are awake! This exercise will open up the air sacs in your lungs to prevent post-operative fevers and pneumonias. This may seem trivial but we all tend to take shallow breaths when we are having discomfort and you may be wearing a restrictive garment.
- **ACTIVITY:** It is important for you to be up and walking the morning following your surgery, in particular, to prevent Deep Venous Thrombosis (DVT) or blood clots in your legs. Flex and extend your ankles to pump your calf muscles when you are in bed. In general, no bouncing or jarring activities, heavy lifting or aerobic activities (activities that will raise your blood pressure or heart rate) for 2 weeks following your surgery. This is to minimize problems with bleeding. After 2 weeks, you can begin to resume your usual exercise/activities without restriction
- **COMPRESSION STOCKINGS:** Your surgical stockings may be removed once you are up and walking around regularly.
- **SLEEPING/POSITIONING:** Sleep or position yourself such that the surgical site is elevated. Ideally, you will keep the involved area i.e. foot, arm, face, etc. propped up above the level of your heart to minimize pain and swelling.
- **CONSTIPATION:** Take an over-the-counter stool softener (Colace or Peri-Colace) per the package instructions while you are taking the narcotic pain medication. Between a change in diet, decreased activity, and the narcotic pain medications, constipation is not uncommon. Have a low threshold for using a laxative (Dulcolax or Milk of Magnesia), suppository, or enema (also per package instructions) to get your system moving!
- **CALL THE OFFICE (303) 327-7300 IF YOU DEVELOP:**

Temperature $\geq 101^{\circ}$
 Increasing wound pain
 Increasing wound redness
 Persistent or increased bleeding
 Wound drainage or pus
 Onset of numbness after the anesthetic has worn off
 Significant asymmetry