

PATIENT INSTRUCTIONS BEFORE THE SURGERY OPERATION

1. Vitamin E, Aspirin containing products, medication such as Motrin and Advil may result in excessive bleeding and some dietary supplements, herbs, mixing herbal medications may cause similar problems. If you use such medication you need to stop taking them at least 4 weeks before surgery. You should discuss this with your own doctor or plastic surgeon.
2. Smoking is known to delay healing since the blood supply to the skin is reduced and may be associated with complications such as skin loss and excessive scarring. If you are a smoker you must not use any tobacco for 4 weeks before and 4 weeks after surgery. Nicorette gum and nicotine patches may also cause these problems and cannot be used.
3. You must not drink alcoholic beverages the night before the surgery and a week before the surgery.
4. On the day of surgery do not wear any make up and do not put any lotion on your body or face
5. On the day of the surgery you should dress in loose comfortable clothes and not wear a pull over.
6. Do not eat or drink anything (including water) for 8 hours before the surgery.
7. Be sure to arrange for someone to drive you home and help you for a few days after the surgery.

PHYSICAL ASPECTS

Plastic surgery procedures may cause stress on both the body and the mind. Plastic surgery should occur when you do not feel exceptional stress, and when you do not have any physical or emotional burden. You may need sometime after the surgery to adjust emotionally and it is essential to have someone to help you, both physical and emotionally, during your recovery period. Even the most independent patient may need some emotional support after surgery.

During the first week of recovery, you may have days when you look swollen, bruised, and rather unpleasant and you may feel depressed or anxious. Be sure to select a support person who will be able to provide a lot of supportive. Graciously decline offers of help from those who may be critical of your decision to have surgery or may be overly troubled by any temporary bruising and swelling. Also keep in mind that it's not unusual for a well-meaning friends or relatives to say "I like you before" or "You didn't really need a surgery" comments such as these may cause or worsen feelings of regret or self-doubt, particularly during the recovery period. Rely on your support person to help you through any difficult times and try to focus on the positive reasons you decided to have the surgery in the first place. Your plastic surgeon and our support staff are always available to help.

MEDICATIONS, VITAMINS AND SUPPLEMENTS TO AVOID

Your safety in surgery requires that you disclose all medications, vitamins and supplements that you regularly take. On a certain number of days prior to surgery, you will be required to stop taking certain medications, vitamins and supplements, both those you regularly take, and those that may be taken incidentally for pain or other symptoms.

Please notify your surgeon of any and all medications you take during days prior to surgery. If you have taken a medication that may put you at risk, it may require that your surgery be rescheduled, or postponed. This is for your safety.

Before you stop taking any prescription drugs, you must receive clearance from the prescribing physician. Please notify your cosmetic surgeon's office immediately if you do not receive clearance to stop taking your prescribed medications.

The following drugs could cause life-threatening problems with surgery. If you are on these you must discuss this with the doctor. Patients who take these drugs may require laboratory tests and a consultation with their physician to determine when they may safely undergo a surgical procedure.

Coumadin

Elmiron-IC

Fragmin and other Low Molecular Weight Heparin Drugs

Methotrexate

Plavix

Persantine

Aspirin and aspirin-containing medications and anti-inflammatory agents must not be taken in the 2 weeks prior to surgery. Always read the active ingredients on any over the counter or prescription drug packaging. Attached is a listing of common drugs containing aspirin for your reference.

All Herbal or Dietary Supplements should be stopped 2 weeks prior to surgery. This includes vitamins, and anti-oxidants supplements, as well as consumption of any form of Green Tea.

There are several categories of additional medications that must not be taken in the 2 weeks prior to surgery. A listing of these drugs is attached.

Aspirin and aspirin containing medications, include, but are not limited to the following:

Alka Seltzer	Carisprodal Compound	Momentum
Alka Seltzer Plus	Cope	Norgesic
Anacin	Darvon Compound	Norgesic Forte
APAC Tablets	Darvon Compound 65	Orphengesic
APC Tablets	Doan's Pills	Orphengesic Forte
Arthritis Pain Reliever	Ecotrin	PAC
Arthropan	Emprin Compound	Pamprin
Aspirin Tablets USP	Emprin Compound #3	Percodan
ASA	Encaprin	Percodan Demi
ASA + Codeine	Equagesic	Propox Compound

Ascriptin Asperbuf Aspergum Axotoal BAC Bayer Aspirin Bufferin Butalbital Compound	Excedrin Fiorinal Fiorinal #3 Lortab ASA Magnaprin Measurin Medipren Midol	Robixisal Sine Off Sodium Salicylate SOMA Compound Synalgos Synalgos DC Trigesic Vanquish
---	---	--

Anti-inflammatory medications include but are not limited to the following:

Advil Aleve Anaprox Ansaid Butazoladin Cataflam Clinoril Daypro Dolobid	Feldene Ibuprofen Ifen Indocin Indomethocin Meclomen Motrin Nalfon Naprosyn	Naproxen Nuprin Orudis Ovuvail Phenylbutazone Ruten Tolectin Toradol Voltaren
---	---	---

Additional medications to avoid, include, but are not limited to the following:

Chloratrimeton Clinoril Elavil Endep Etiafon Flagyl Flexoril Imitrex Lioresal	Mutli-vitamin Mysteclin F Nicobid Oraflex Pamelor Parnate Phendimetrazine Phentermine Ru-Tuss	St. John's Wort Surmontil Tagamet Tenuate Dospan Tetracycline Triavil Vibramycin Vitamin E Zomax
---	---	--

Dangers of Herbs and Diet Supplements When Performing Surgery

Over the years, Natural Supplements and Herbs had flooded the market claiming several health benefits. Though most patients have seen very promising results from such, most available Natural Supplements are not sufficiently labeled as to the chemicals or trace elements present with their corresponding amounts. With this, patients often take for granted to mention these supplements to their physicians and surgeons.

Natural Herbs and Supplements, especially those approved by FDA are safe, however, like other medicines and drugs, there are certain supplements that may have unpleasant reaction to anesthetic drugs. Also, there are supplements that may alter your blood flow, increase or decrease the effects of anesthesia, damage your liver when combined with the anesthetic drugs, and still, others can have fatal reactions.

Below is a list of common Herbs and Supplements that should be stopped at least 2 weeks before surgery:

Agrimony (<i>Agrimonia eupatoria</i>) Alfalfa (<i>medicago sativa</i>) Clove (<i>Syzygium aromaticum</i>) Danshen (<i>Salvia miltiorrhiza</i>) Dong quai (<i>Angelica sinensis</i>) European mistletoe (<i>Viscum album</i>) Fenugreek (<i>Trigonella foenum-graceum</i>) fish oil (Omega 3 fatty acids) Fucus (<i>Fucus vesiculosus</i>) Garlic (<i>Allium sativum</i>) Ginkgo (<i>Ginkgo biloba</i>) ginseng (<i>Pana ginseng</i>) Horse chestnut (<i>Aesculus hippocastanum</i>) Horseradish (<i>Armoacia rusticana</i>) Licorice (<i>Glycyrrhiza glabra</i>) Wild lettuce (<i>Lactuca virosa</i>)	Meadowsweet (<i>Filipendula ulmaria</i>) Northern prickly ash (<i>Zanthoxylum americanum</i>) Onion (<i>Allium cepa</i>) Papain (<i>Carica papaya</i>) Passion flower (<i>Aassiflora incarnate</i>) Pau D'arco (<i>Tabebuia impetiginosa</i>) Red clover (<i>Trifolium pretense</i>) Safflower (<i>Aarthamus tinctorius</i>) Southern prickly ash (<i>Aanthoxylum clava-herculis</i>) Sweet clover (<i>Melilotus officinalis</i>) Sweet vernal grass (<i>Anthoxanthum odoratum</i>) Tonga bean (<i>Dipteryx odorata</i>) Wild carrot (<i>Daucus carota</i>)
--	---

Please be sure to inform your surgeon about any other medications and supplements you are regularly taking regardless of its purpose.

Potential Post-Operative Complications

Bleeding

In any surgery procedure, there is a risk of developing a hematoma as a result of excessive bleeding. It is evidence by bruising which normally disappears with time. However, if the hematoma is large, there is an increased risk of infection and skin necrosis. Your surgeon will likely drain it within 24-48 hours after surgery

Minor Infections

Minor infections are a possible complication after plastic surgery, even if your surgeon took appropriate precautions including prophylactic antibiotics. A minor infection is treated by initial cleaning of the wound site followed by daily wound cleanings. Another operation may be needed interventions are insufficient the infection.

Scarring

Your surgeon will minimize scarring as much as possible. Scars do not disappear completely, but will be less visible with time. Two factors that can affect scar healing are skin color and the location of the scar. Scars tend to be more prominent on darker skin tones, and facial scars are less prominent than other areas.

Healing time

The amount of time required to heal after plastic surgery is unique for all individuals therefore, it is important to avoid comparing your healing time with the healing time of others.

Pain

Be aware that you will experience some pain after surgery however pain tolerance and thresholds differ in all individuals.

Seroma

It is possible for seroma, a pocket of clear, serous fluid, to form after plastic surgery. If necessary, your surgeon will drain the seroma, but it may take several visits depending on the amount of fluid.

Necrosis

Skin necrosis, or dead skin cells, occurs when there is not enough blood supply to the tissues, and usually occurs with infection or a large hematoma. To help reduce your risk, stop smoking for 4 weeks before and after surgery

Asymmetry

The possibility occurrence after a plastic surgery operation. Keep in mind that people have naturally asymmetrical breast, eyes and hands for functional purposes.