



COSMETIC AND RECONSTRUCTIVE SURGERY
PHASES™ SKIN CARE AND LASER CENTER

PRE-OPERATIVE INSTRUCTIONS

Many patients have surgery and return home the same day, while others might be admitted for an overnight stay. This depends on the procedure and the length of time for anesthesia. If you are staying overnight, you will want to bring a small bag of personal items.

Please bring all your prescribed medications (labeled) with you the day of surgery if you have an overnight stay. Inhalers for asthma and blood pressure medications are especially important.

Pre-operative communication is important. Please feel free to ask questions at any time. You will receive a phone call/email from a nurse for a pre-surgery consult. Should you prefer an in-person nurse consult, please let us know. The consult will provide specific, detailed information regarding your procedure pre and post operatively.

We ask that you use a soap called Hibiclens for pre-operative scrubs (this product is generally found in the first aid aisle of your pharmacy or drug store). If you are having face or eye surgery use the soap behind the ears and/or under the neck only. Allow the soapy lather to cover the skin of the surgical area for five (5) minutes, once a day for three (3) days prior to surgery. This helps reduce the bacterial count on your skin, which is the primary source of wound infections. Hibiclens may be stopped after your surgery.

Smoking increases one's risk of infection due to decreased blood supply to the surgical site. The nicotine from one cigarette remains in the body for 18 hours. It takes four (4) weeks for the body to be free of all nicotine effects. Therefore, it is important to refrain from smoking for 4 weeks before and 4 weeks after surgery.

It is imperative that you do not eat or drink ten (10) hours before your scheduled surgery time. This includes water. Failure to follow these instructions might result in the cancellation of your surgery.

On the day of surgery, you should wear comfortable clothing and leave all valuables, including jewelry, at home. Body piercings should be removed and left at home.

Contact lens will be removed for surgery. Bring or wear regular glasses, lens case or spare contacts (for disposables) as appropriate.

You will need to make arrangements for someone to take you home after surgery. A taxi/Uber or bus driver CANNOT be considered a responsible escort. It is important that you have a responsible adult accompany you home and stay with you the first night after surgery.

DO NOT TAKE ASPIRIN or other anticoagulants (blood thinners) for two (2) weeks before surgery. This includes Motrin, Advil, Aleve, Vitamin E, etc. Do not restart until 2 weeks after surgery. Tell your physician or nurse if these medications are prescribed for you. If you are on Coumadin or Plavix, discuss with your physician.

DO NOT TAKE herbs or supplements for 14 days before surgery. Please review our list to avoid; <https://plastics.turklemd.com/medications-to-avoid/>

Heart and blood pressure medications may be taken the day of surgery with a sip of water.

If you take insulin or oral medications for DIABETES, discuss this with your physician.

If you use a "water pill", such as Lasix, Maxzide, HCTZ or other "water pills" (diuretics), you will need a Potassium level drawn prior to surgery. You will be given a physician's order for the necessary lab studies to be done. The results should be faxed to our office two weeks prior to your surgery at 317-848-8002.

If you are having breast surgery, you might be asked to have a mammogram. It is important that the mammogram results be faxed to our office (317-848-8002) no later than two weeks prior to your surgery. Results not received within two weeks of your surgery date might cause your surgery to be cancelled or rescheduled. When scheduling the mammogram, you need to allow adequate time to have this done before surgery in the event the radiologist requests you return for additional mammogram views.

At the time of discharge, you will receive prescriptions to treat pain and nausea, as well as an antibiotic, in some cases. Please be aware that pain medications can cause constipation, even if you do not normally have a problem. Do not allow yourself to become constipated. You can start a stool softener the day before surgery. It is helpful to drink plenty of water and add high fiber foods to your diet. In the event constipation becomes a problem you can take a stool softener/laxative combination.

Please contact the nursing staff at 317-848-8129 if you have any questions or concerns. Our commitment to you goes on beyond your surgery date.

General Instructions For Surgical Procedures

1. Surgery is a contact sport; therefore one should expect to feel soreness post-op. Bruising and swelling are best managed with ice packs and elevation of the affected area. Be careful not to allow contact with the skin to prevent frostbite or damage to the skin, (bags of frozen peas or corn work well). Expect some swelling for up to 3 months.
2. Pain is perceived very differently by each individual. We will do our best to control pain with various medications. Please take all medications as directed. If problems arise from the use of a particular medication, discontinue its use and contact our office.
3. All medications need to be kept out of the reach of children and animals.
4. Most pain medications are very nauseating and will cause vomiting if taken on an empty stomach. Please take all pain medication with food.
5. Most pain medication is very constipating. Please use stool softeners and/or laxatives as needed. Do not wait several days before realizing the need for a laxative. Over-the-counter options include stool softeners such as Colace or laxatives such as Senokot-S, Milk of Magnesia, Dulcolax, Mag citrate or for severe constipation- Fleet's Phospho-soda enema.
6. All pain medication will affect your abilities and judgment. Therefore, do not attempt to perform important tasks, (example: driving, balancing check books, operating heavy equipment, etc.) under their influence.
7. One should not drive until one is no longer taking narcotic pain relievers and one's pain is decreased to the point where one's reaction time is back to normal. This may be 1-2 weeks for some of the procedures performed but may vary.
8. Nausea most frequently passes quickly after surgery. Prolonged nausea is usually related to a particular pain medication or taking the medication on an empty stomach. You will be prescribed two medications to alleviate this problem
9. Antibiotics are often prescribed when drains are left in place post-operatively. These should be taken as directed and continued as long as a drain is present.

10. Itching **not** accompanied by a rash is usually due to histamine - release reaction by some pain medications for some individuals. This is not an allergy but can be very annoying. Mild itching can often be managed by Benadryl 25 - 50mg every 6-8 hours. Changing to a different pain medication is usually advisable.
11. Dressings should be changed daily or more often as needed to keep the area clean and dry unless otherwise specified.
12. Showering over wounds with soap and water is usually recommended with a few exceptions (see the instruction sheet for your particular procedure.) Pat dry, preserving the steri-strips. Gently drying the areas with a blow dryer set on a cool setting and using your hand to check the temperature of the air striking the wound area is helpful. Cover the area with a gauze dressing once dried. If present, one should affix the drain to a belt loop around one's waist or neck while showering.
13. Early walking is essential for the prevention of blood clots that could pass from the legs to the heart or lung causing very serious problems (pulmonary emboli). One cannot and should not be immobile after surgery. Calf pain or leg swelling are the most common signs of blood clots in the legs and are symptoms that should be reported immediately.
14. Low grade temperatures in the first 2-3 days post operatively are common (100-101). Atelectasis- or small areas of collapse in the tiny air sacs in the lungs- is the most common cause of this temperature elevation. Increase activity- walking, taking deep breaths, forcing a cough- will usually resolve this problem.
15. Infection is usually accompanied by increased pain, drainage, redness, swelling or fever. Please notify us immediately and have your pharmacy's telephone number available.
16. When drains are present, it is not unusual to have occasional pieces of material pass through the drain. This represents particles of fat or protein and is not alarming. Keep the drain sites dressed and strip the drains to keep them flowing. Remember- the drain works by vacuum, therefore the collection bulb must remain compressed in order to exert vacuum pressure to keep the drain functioning.
17. If the drain falls out - DO NOT attempt to push it back in. This will cause infection. Remove the drain if it has fallen out and cover the opening with dry gauze. The hole will seal within 24-48 hours.