

Pre and Post Operative Instruction Sheet

Aesthetic and Reconstructive Plastic Surgery

Rajiv Sood, M.D., F.A.C.S.

(317) 880-6825

Before Surgery

1. Due to the increased complication rate of smoking on wound healing- you **must STOP SMOKING at least two months** (highly recommended to stop at least 3-6 months before) prior to your surgery and until complete healing has occurred after surgery. Smoking significantly reduces your body's ability to bring oxygen to tissue for proper healing. Necrosis (death of tissue) can be the result.

2. **To avoid postponement or cancellation of your surgery-notify our office of all prescription and non-prescription medication/supplements you are taking as soon as you receive your surgery date.** For 14 days prior and 14 days after surgery, do not ingest any brand of aspirin, ibuprofen, Excedrin, other NSAIDS, MAOIs, arthritis medications. These may cause increased bleeding and will interfere with your surgery. If you need an aspirin-free fever reducer/pain reliever, take Tylenol. Patients on anticoagulants or antiplatelet drugs will need to contact their prescriber for specific pre and post operative instructions.

3. Many herbal supplements are contraindicated with anesthesia or surgery in general. Some to **avoid** are: Vitamin E, Garlic, Ginger, Alfalfa, Cayenne Pepper, Feverfew, Chamomile, DongQuai root, Willow Bark, Goldenseal, Guarana, Horse Chestnut, Bilberry, Gingko, Gingko biloba, Selenium, Ginseng, St. John's Wort, Yohimbe, Licorice root, Melatonin, Kava Kava, Hawthorn, Lemon verbena, Muwort, Lavender, Valerian/Valerian root, Echinacea, Ma Huang (Ephedra), and Gotu Kola. Also, avoid Ackee fruit, Alfalfa, Aloe, Argimony, Barley, Bitter melon, Burdock root, Carrot oil, Chromium, Coriander, Dandelion root, Devil's club, Eucalyptus, Fenugreek seeds, Fo-ti, large amounts of garlic, Ginseng, Grape seed, Guayusa, Gmena, Juniper, Nem seed oil, large amounts of onions, Periwinkle, and Yellow root, as these all alter the blood glucose level and blood clotting factors.

4. Expect a telephone call the day before surgery to confirm the time in which you will need to arrive at the hospital. If you do not receive a call by 2:00 please call the office

5. If you develop a change in your health condition including a cold, cough, or fever, please call the office immediately.

6. Most importantly, **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** This includes alcohol, water, hard candy, or chewing gum.

Day of Surgery

1. **NO EATING OR DRINKING.** You may take morning medications related to high blood pressure, thyroid disease or a heart condition with a small sip of water. Please clear any such medications with our office before taking the day of surgery. Patients on ACE inhibitors or ARBs for hypertension will be instructed on an individual basis regarding cessation or continuation of this medication during the 48 hour period prior to surgery. Do not take insulin unless instructed by your doctor. **Please remember to clarify/report all medications to our office in the weeks prior to surgery to avoid potential postponement or cancellation of your surgery.**

2. Do not wear contact lenses, hairpins, hairpieces, hairspray, jewelry, make-up, fingernail, or toenail polish. It is recommended to remove artificial nails. Dress in loose comfortable clothes.

3. Have someone drive you to your surgery and make certain someone will be available to take you home. **YOU MUST HAVE AN ADULT WITH YOU THAT CAN DRIVE YOU HOME. NO TAXICABS OR BUS RIDES HOME ARE ALLOWED.**

At Home after Surgery

1. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.

2. If you have pain or discomfort, take the pain medication every 4-6 hours. It is best to take pain medication with crackers, jello, etc. Alcohol must be avoided while on pain medication. Please be aware that pain medication can cause constipation. You can start stool softeners before surgery, drink plenty of water, drink prune juice, or use a laxative if needed. No driving or operating heavy equipment/machinery while taking prescribed pain medication. Do not take any OTC Tylenol, Aspirin, Ibuprofen or other pain relievers unless instructed by your physician.

3. Small drains may be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb every 6-8 hours. Please **keep a record** of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. 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. If the drain comes out- DO NOT attempt to push it back in. This can 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.

4. Make sure to **finish the entire** prescribed antibiotic.

5. Do NOT place any cold packs or hot packs, including heating pads to surgical areas. The surgical areas may have sensation changes, therefore, injury may occur.

6. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use of a sunscreen with UVA/UVB protection is to be applied for at least 6 months-one year.

7. Please consult your individualized post operative instruction sheet for more specific details regarding your instructions for post surgical care. Also, please contact our office for any questions regarding your surgery or pre/post operative instructions.

*For emergencies after hours, holidays or weekends, please call 317-880-0000.