

PLASTIC AND RECONSTRUCTIVE SURGERY ASSOCIATES
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San Jose Office: (408) 356-4241

Pre-surgery Instructions

TWO WEEKS BEFORE SURGERY:

DO NOT take Aspirin, Advil, Motrin, Ibuprofen, and Aleve for two weeks before surgery. If needed, use Tylenol instead. The following is a partial list of medications that should not be taken. This includes over the counter diet pills or herbal remedies. You should not resume these medications until two weeks after your surgery.

ADVIL	FIORGESIC
ALKA SELTZER	FIORINAL
ANACIN	GARLIC PILLS
APC	GINGER
ARTHRITIS BUFFERIN	GINGKO BILOBA
ARTHRITIS PAIN FORMULA	GINSENG
ASCRIPTIN	IBUPROFEN
ASPIRIN SUPPOSITORIES	KAVA KAVA
ASPERGUM	MA HUANG
BAYER COLD TABLET	MELATONIN
BILBERRY	METABOLIFE
BUFFERIN	MIDOL/MIDOL P.M.S
CAMA INLAY TABLETS	MOTRIN
CAYENNE	NORGESIC
CONGESPIRIN	NUPRIN
CORCIDIN	NYQUIL/NYQUIL PM
DARVON WITH ASA	PACAPS
DRISTAN	PANALGESIC
ECHINACEA	PEDRAZIL
ECOTRIN TABLETS	PERCODAN
EMPIRIN	ROBAXISAL
EMPRAZIL	STANBACK ANALGESIC
EPHEDRA	ST. JOHNS WORT
EQUAGESIC	ST. JOSPEH CHILDREN
EXCEDRIN	SUPAC
FELDENE	SYNALGO
TRIAMINOCIN TABLET	4 WAY COLD TABLETS
VANQUISH	YOHIMBE (natural Viagra)
VITAMIN E	ZOPRIN

- **DO NOT take any medication that your Surgeon is not aware of.**

- Report any signs of a cold, infection, boils, fever or pustules appearing two weeks before surgery.
- Arrange for a responsible person to drive you home after surgery and stay with you for the first 24 hours.
- No alcoholic beverages the day before surgery or 3 days after.
- Notify your doctor if you are taking any medicine prescribed by any other doctor or if you are under the care and treatment of another doctor for any reason.
- Have your prescriptions for pain, nausea, and infection filled before the day of your surgery.

NIGHT BEFORE SURGERY:

- Eat a light evening meal and do not eat or drink after midnight.

DAY OF SURGERY:

- Shower and shampoo. Do not apply any creams, moisturizers, makeup, false eyelashes, or contact lenses. When you brush your teeth, be sure you do not swallow any water or toothpaste. Please leave any dentures in.
- If you usually take medication in the morning check with your doctor.
- Do not eat or drink before surgery.
- You should wear comfortable loose fitting clothing that does not have to be put on over your head (i.e. sweat suit with zip up top).
- Please leave all valuables, money, and jewelry at home.
- Bring your prescription medications for surgery with you.

AFTER SURGERY:

- You may drink clear liquids when you get home. This would be water, 7up, Sprite, or tea. Eat a cracker when you take your medications. No milky products or fruit juices today. You may have bland food in the evening like chicken noodle soup and then regular food the next day. Include fruits and vegetables the next day, as the pain medications are constipating.
- Drink if you are thirsty, but do not force fluids.
- You can expect moderate discomfort, moderate swelling, and bruising.
- You should stay in a “V” position. Place 2 pillows behind your back and 2 pillows under your knees. Place a pillow on each side of you so you may rest your arms there. This will also allow you to turn slightly from side to side so your back doesn’t get too sore.
- Call the office if you have severe pain not responding to medication, marked swelling or bleeding, or if there are any questions or concerns.

- **Avoid all of the following to keep from raising your blood pressure which could cause additional swelling and/or bleeding: lifting, bending, stretching, arguments, watching scary movies, any form of sexual activity, doing exercise or working out, running or any other activity that could raise your blood pressure for at least two weeks and then only in moderation and with your doctors approval. No lifting more than ten pounds for six weeks unless you have to lift your child.**
- **You may shower two days after surgery. You will have a binder or a garment on that you should wear night and day until you come back for your post op check. You may rinse the garment or binder in the shower and put it in the dryer.**
- **You will have drains to remove excess fluid. These come through tiny incisions on the abdomen and are attached to small collection bulbs. The drains are somewhat uncomfortable and are usually removed in one to two weeks. The nurse will explain how to empty the collection bulbs.**
- **You may drive as soon as you feel well and are no longer taking the pain medications or any other medication that could make you dizzy, light headed or drowsy.**
- **You may go for short to medium walks as soon as you feel up to it. Moderate activity with no bouncing or jarring, may be started after two weeks. Strenuous full activity such as aerobics can usually begin after six weeks.**
- **Feel free to call us anytime. We want you to be as comfortable as possible during your healing period.**