

Pre-Operative Guidelines & Helpful Tips For Your Upcoming Surgery

The following are answers to frequently asked questions, along with some helpful hints to prepare you for your upcoming surgery make your recovery as smooth as possible. Additional information regarding aftercare specific to your procedure may be found in your Post-Op Instructions.

BEFORE SURGERY

No Aspirin / Aleve / Ibuprofen / Motrin / Advil for 2 weeks prior to surgery. These medications inhibit normal blood clotting & increase the risk of bleeding after surgery. Please refer to the DO NOT TAKE medication list for a complete list. In summary, if you require a pain reliever prior to surgery for a headache, back pain, etc., you may take TYLENOL.

Discontinue all herbal medications 2 weeks prior to surgery. Many of these supplements inhibit blood clotting & affect blood pressure.

Discontinue all diet medications, whether prescription, OTC, or herbal, as many of them interfere with anesthesia & can cause cardiovascular events.

NO SMOKING. If you do smoke, you must discontinue all forms of nicotine (cigarettes, vape, patches, gum) 6 weeks prior to your procedure. Nicotine is a powerful vasoconstrictor which reduces blood flow to the skin & can cause **SIGNIFICANT** wound healing complications.

Avoid alcohol for one week prior to surgery & one week after surgery.

TOPS (Teton OutPatient Services) will call you the week before your procedure to discuss items such as your medication list & diet (generally nothing to eat or drink after midnight before your procedure).

If you are having general anesthesia, you will need a responsible adult with you for at least 24 hours.

If you have small children or stairs in your home, you may require additional assistance beyond 24 hours. Please take this into consideration & make arrangements ahead of time.

Shower using anti-bacterial soap or body wash the evening before & the morning of your procedure. You can use Dial, Hibiclens, or PhisoDerm, any of which may be found online or at your local pharmacy.

If your surgical site is near the pubic area (abdominoplasty), please shave that area the night before your procedure.

DAY OF SURGERY

Take your usual morning medications with a sip of water only if instructed to do so by TOPS.

No makeup or body lotion.

No jewelry.

Remove contacts at home.

Wear loose-fitting clothing & slip-on shoes on the day of your surgery. A zip-up hoodie or button-down shirt are good examples.

Surgical patients will receive prescriptions for antibiotics, pain, & nausea. Begin taking your antibiotic the evening of your surgery, & continue to take as instructed until the prescription is complete.

Laser patients will receive an antiviral medication prior to the procedure, which may be continued for a few days thereafter.

AFTER SURGERY

Remember! Your procedure is an investment. Internal healing takes place at a rate of 10% per month. More vigorous activities, such as cooking, cleaning, laundry, vacuuming, & shopping with heavy items to carry are not in the best interest of your long-term outcome. Too much activity can cause bleeding infection, & wound healing issues. Activity restrictions & progression will be discussed at length in your post-operative instructions.

Activity in moderation is important to reduce the risk of postoperative bleeding, infection, blood clots, or wound healing issues following surgery. During the first week, when you are at highest risk for bleeding and infection, you should be walking around your home every 2 hours while awake. After one week, you may drive a car, so long as you are not taking prescription pain medication. You may also return to work with light duty. Maintain light activity during weeks 3 & 4. Light exercise with some restrictions specific to your procedure may resume after 6 weeks.

Arnica & Bromelain help reduce swelling & bruising following your procedure. I recommend purchasing these ahead of time. Take two quick dissolve Arnica tablets on the evening of your procedure. Following surgery, continue to take Arnica (two tablets every 4 hours) until you have finished. Please see product guide for reference.

Compression wear is essential. It reduces swelling & provides adequate support during the initial phases of healing. Continuous compression wear is recommended for the first 6 weeks, then at night for an additional 6 weeks. See the attached product guide for reference & suggestions for purchase.

No showers or baths until AFTER your first post-operative visit (unless otherwise instructed). This means prepare for “sponge baths” for approximately one week following your procedure. The purpose is to avoid getting your incisions damp or wet during the first post-operative week. LUME is a GREAT all-over body deodorant that many patients have found useful during this time. This can be ordered online from Amazon or www.lumedeoderant.com.

You will be provided initial post-op supplies (if needed) at the time of your surgery. Purchase of additional supplies may be necessary for those above and beyond this requirement.

WHEN TO CALL

Please call the office if you experience any of the following:

Redness extending more than ½” from the edge of your incision.

An opening along your incision line.

Purulent drainage (pus).

Significant bleeding (saturated dressings within one hour of reinforcing them).

Fever >101.5.

Significant swelling of the surgical site.

Chest Pain &/or significant Shortness of Breath.