

SURGICAL INSTRUCTIONS

PRE-OPERATIVE:

- * History & Physical and lab studies are required prior to surgery which varies with each individual patient. The lab work will include blood tests, urinalysis and possibly an EKG, chest x-ray or mammogram, depending on your age and health status.
- * Do not take aspirin or any medications containing aspirin for 10 days prior to surgery, Ibuprofen for 10 days prior to surgery or Vitamin E for 3 weeks prior to surgery. These medications interfere with blood clotting. Many cold medications and decongestants contain aspirin. A list of other prohibited medications are enclosed.
- * A pain medication will be prescribed for you and/or possibly an antibiotic. Please have these filled prior to surgery.
- * If you take medications for other health problems, please let us know. We will inform you when to take the medication on the day of surgery.
- * Make arrangements for transportation to and from the office the day of surgery. You will also need someone to stay with you through the first night after surgery.
- * **WOMEN ONLY** - If you are taking birth control pills and are also taking an antibiotic, you should use an alternative method of birth control until your next cycle. Oral antibiotics have been shown to interfere with birth control pills.
- * Do not eat or drink anything after 12 midnight for morning surgery or 6 hours before afternoon surgery.
- * **DO NOT SMOKE FOR TWO WEEKS PRIOR TO SURGERY.**
- * Purchase a bar of antibacterial soap and wash the operative area beginning 3 days prior to surgery.

DAY OF SURGERY:

- * Do not take any sedatives the morning of surgery unless specifically ordered by the doctor. You will be advised when to take routine medications.
- * Wear comfortable clothing including a button down shirt and comfortable flat shoes. No jewelry, nail polish, make-up, powder, deodorant, perfume/cologne.
- * Wash the operative area with antibacterial soap.
- * Drink plenty of fluids following surgery and for two days after. Soft foods are recommended the first 24 hours then eat as tolerated.

POST-OPERATIVE:

- * You may develop bloating which is normal and is usually related to the pain medication. Take 3 TBS. Milk of Magnesia. Repeat in 4 hours if no relief.
- * It is anticipated that you will be drowsy the remainder of the day. Limit all activities and rest.
- * You can expect bruising and swelling of the surgical areas.
- * Do not drive a car or operate hazardous machinery for 4-5 days and as long as pain limits movement or pain medication is required.
- * Do not take aspirin containing medications for 10 days after surgery, Ibuprofen for 10 days after surgery and Vitamin E for 3 weeks after surgery.
- * Do not drink alcoholic beverages when taking pain medication and for 24 hours after surgery as alcohol prolongs and enhances the effects of the sedative used during surgery.
- * **DO NOT SMOKE FOR TWO WEEKS AFTER SURGERY.**
- * Do not make important personal or business decisions for 24 hours.
- * Keep all dressings clean, dry and in place.
- * Exercise should be discontinued for 2 weeks following surgery. Restart with whatever is tolerable.
- * If there is any unusual pain, discomfort, swelling, redness, bleeding or a temperature greater than 100 F, please notify us. Office: 404-843-0840 .