

# BEN BROWN, MD

PLASTIC & RECONSTRUCTIVE SURGEON

## PRE-OPERATIVE INSTRUCTIONS

A successful surgery requires a partnership between you and Dr. Brown.

The following instructions are essential for a safe experience and good outcome. Read through these instructions now so you have time to prepare and ask Dr. Brown and/or his staff any questions. If you are unable to comply with these instructions, you must notify Dr. Brown's office as soon as possible. These instructions are essential for your health and safety.

There may be several weeks between your decision to have surgery and your actual surgical date. During this time there are several important considerations:

### Nutrition

- Good nutrition. Eat well during the weeks prior to surgery. Crash dieting; over-eating or high alcohol intake can greatly affect your overall health and well-being. A healthy, balanced diet is essential. Also, begin taking the following supplements daily:
  - A daily multivitamin
  - Vitamin C 500mg by mouth daily
- Consume at least 1 gram of protein per kilogram of body weight per day. For most people this is 80-100 grams of protein per day. It is important to build up your protein stores before surgery so you can heal more quickly after surgery. Whey and Soy based proteins are a good way to add extra protein to your diet. We recommend Syntrax Nectar.
- Stop smoking! Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for **at least 4 weeks prior to surgery**. You must also be free of any nicotine patch or nicotine-based products for a minimum of 4 weeks prior to surgery. Stay away from second-hand smoke also. Your healing and health depend heavily on this.
- Stop taking any and all herbs and supplements **4 weeks BEFORE** your surgery and do NOT take them for 2 weeks AFTER surgery. Many herbal medications and supplements increase your risk for complications such as hematoma. Garlic, St. Johns Wort, Vitamin E and Green tea extracts can all increase your risk for a hematoma. Every herb, supplement and medication you are taking within 4 weeks of surgery should be known and cleared by Dr. Brown.

## Activity

- Lead a healthy lifestyle. Practice good hand-washing and avoid large crowds, or individuals who are ill. Do not risk catching a virus or cold: no kissing on the mouth, sharing beverages or other high risk opportunities for contacting viral or other illnesses. In the weeks prior to surgery maintain the best health and hygiene. A lingering cold, virus or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health.
- Avoid sun exposure: Tanned and/or sun damaged skin is more likely to produce pigmented scars.
- Prepare and plan. Schedule any time off work, and any support you will need at home in the days following surgery, including housework, childcare, shopping and driving. Make certain a responsible adult is enlisted and confirmed to drive you to and from surgery, and that someone is confirmed available to stay with you around the clock for at least 24 hours following surgery. Put your schedule and routine together for the day before surgery, day of surgery and first few days following surgery. Share this with all of your key support people.
- Pre-operative testing. Make certain to schedule all of the pre-operative testing and clearance you have been given:
- If you are having any surgery on your breasts, please ensure to have a **Screening mammogram within 1 year if you are 35 years and older covered by your health insurance plan or a Screening mammogram for all patients older than 40 years old regardless of whether or not it is covered by your health insurance plan.**
- Make certain all test results are received by Dr. Brown's office. Fax 850-855-4030. If medical clearance is required and not received, surgery may be cancelled.
- Review the surgical consent forms given to you by our office. Write down any questions you have so you can discuss them with Dr. Brown at your pre-operative visit.
- Relax and enjoy life. Stress and anxiety over life's daily events, and even your planned surgery can affect you. While some anxiety is common, any serious stress, or distress over the thought of surgery is something you must discuss with our office. We are here to support you and answer all of your questions. We want your decision to be one made with confidence.

## AFTER YOUR PRE-OPERATIVE VISIT

Fill your prescriptions.

GO SHOPPING AT A LOCAL PHARMACY AND/OR ONLINE

- Magazines, books and other things to keep you busy and entertained in the day or two following surgery.
- Peri-Colace (docusate sodium / sennosides)
- Milk of magnesia
- Miralax (polyethylene glycol 3350)
- Benadryl (diphenhydramine) take 25mg
- Tylenol (acetaminophen) 325 or 650 mg tabs
- Ibuprofen 200mg tabs
- Natural tears ocular lubricant eyedrops (Clear eyes or Refresh or any generic).
- Dove Body Soap
- Aquaphor
- Hydrogen Peroxide
- Q-tips
- Hibiclens (chlorhexidine gluconate) 4% soap. Can be bought on Amazon.
- Compression garment(s). We will provide you with one garment that you will wear home from surgery. You may wish to purchase more than one so you can be wearing one while washing the other. It is ok to be “garmentless” for 1-2 hours while it is being washed.
  - We recommend Spanx.
- Compression stockings. 15-20mmHg. Knee high or thigh high. To help prevent DVTs after surgery. You can purchase these from anywhere (Amazon, etc.)

#### FOOD & BEVERAGE

- Gatorade
- Water
- Ginger ale (for nausea)
- Straws
- Saltine crackers
- Bread to make toast
- Jello, Pudding, Applesauce
- Bland soup
- Any bland, nutritious food you think you might find enticing after surgery.

#### ONE WEEK BEFORE SURGERY

Stop taking the following medications 1 week BEFORE and 1 WEEK after your operation:

- Aspirin
- Ibuprofen
- All NSAIDs

Start taking:

- Peri-Colace (docusate sodium / sennosides) take 1 tab orally, twice daily starting 1 week before surgery and continuing 1 week after surgery. This is to get you bowels regular before surgery and prevent constipation after surgery.

Confirm your day of surgery plans. This includes your transportation and after-care (a responsible adult for the first 24 hours, around the clock).

Review your prescriptions and instructions.

Wax or shave your bikini area and legs. It may be uncomfortable to do so in the days immediately after surgery. **This should be done more than 48 hours before surgery.** Within 48 hours of surgery it is best to avoid shaving and waxing.

Continue to practice healthy habits, nutrition and fitness. No strenuous exercise. No saunas, hot tubs, steam baths or mud wraps. No smoking or alcohol. Minimize sun exposure.

### **TWO DAYS BEFORE SURGERY**

Start showering with chlorhexidine soap (Hibiclens). Hibiclens is not to be used on the head or face, keep out of eyes, ears and mouth. Hibiclens is not to be used in the genital area. Hibiclens should not be used if you are allergic to chlorhexidine gluconate or any other ingredients in this preparation. When you shower:

1. Wash your hair as usual with your regular shampoo. Then rinse hair and body thoroughly to remove and shampoo residue.
2. Wash your face with regular soap or water only.
3. Wash your genital area with regular soap or water only.
4. Thoroughly rinse your body with warm water from the neck down.
5. Turn off the water to prevent rinsing the chlorhexidine soap off too soon.
6. Apply the minimum amount of Hibiclens necessary to cover your skin.
7. Use Hibiclens as you would any other liquid soap. Sash gently for 5 minutes with a wash cloth. Pay special attention to the area of surgery.
8. Turn the water back on and rinse thoroughly with warm water.
9. Do not use your regular soap after applying and rinsing Hibiclens.
10. Pat yourself with a clean towel.
11. Do not apply lotion, powders or perfumes to the areas cleaned with Hibiclens.
12. Put on clean clothes.

Find your comfort zone. Locate the most comfortable place where you can gently recline and recover. You don't want to be testing locations or pillows the day of surgery.

Relax. Call our office with any unusual anxiety or concerns. Get plenty of rest.

### **ONE DAY BEFORE SURGERY**

Pack your bag for the day of surgery. This should include:

- All paperwork
- Reading Glasses
- Your identification (driver's license or passport)
- Warm, clean cotton socks
- All prescription medications
- Compression stockings.
- Clothes, toiletries, books, phone charger and anything you think you will want or need while in the hospital.

- **Expect a pre-anesthesia call to review your state of health for surgery**
- Confirm your route to and from surgery, with the responsible adult who will drive you.

Shower with chlorhexidine soap. Shampoo your hair. Do NOT use any hair gel or other styling products, scented skin creams or moisturizers. Do not use any deodorant, hair spray, perfume or cosmetics.

If you were prescribed a Scopolamine patch, follow the instructions and place one patch behind your ear.

**Do not eat or drink anything after midnight.** No candy, gum or mints. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery.

RELAX! Get plenty of rest and avoid unnecessary stress.

### **THE DAY OF SURGERY**

**NOTHING by mouth** (except medications). Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum, mints.

Dress appropriately. Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, body piercing: (If there is something you cannot remove, let the admitting nurse know right away.) Wear comfortable, clean, loose-fitting clothing: Do not wear jeans or any tight-fitting bottom; rather have a pair of loose, drawstring sweatpants to wear home. Wear slip on, flat shoes with a slip proof sole; no heels. Wear clean cotton socks, as the operating room can feel cool. For your comfort, wear a zip or button front top. No turtlenecks.

Arrive on time.

In the pre-operative area, try to time your urination so you can urinate and empty your bladder just before you go into surgery so you can go into surgery with an empty bladder.