

PREPARING FOR SURGERY

STARTING NOW

- **PHYSICAL CONDITION:** From the time you commit to a surgery date establish a mindset aimed at bringing yourself to the operating room in the best physical condition.
- **ILLNESS:** Naturally, if you develop an illness close to your surgery date, cancellation of surgery is likely. Elective surgery should not take place unless all is well and perfect. If you are experiencing medical problems prior to surgery (i.e., a cold) call our office. We may be able to help you recover and avoid canceling your surgery. Avoid contact with individuals suffering with colds and flu. Although, it is impossible to protect oneself from all sources of flu (i.e., children), making an attempt might avert canceling surgery due to illness.
- **DO NOT SMOKE:** Stop smoking for at least two weeks before surgery. Smoking decreases the blood supply to skin and may lead to skin death where surgery is performed. If you can't stop smoking; tell your doctor, it may be necessary to modify your procedure to limit the risk of potential complications.
- **DO NOT SUNBURN ANY PART OF YOUR BODY** where surgery is planned either before or after surgery. Do not tan until all bruising has faded.
- **ALCOHOL:** Do not drink alcoholic beverages for 1 week prior to surgery.
- **TAKE MULTIVITAMINS:** Start taking multivitamins twice daily to improve your general health once you have scheduled your surgery.
- **TAKE VITAMIN C:** Start taking 500 mg of Vitamin C twice daily to promote healing.
- **DO NOT TAKE ASPRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- **DO NOT USE MARINE OMEGA-3 FATTY ACIDS:** Discontinue fish oil supplements for two weeks prior to surgery.
- **LIMIT VITAMIN E:** Limit your intake of Vitamin E to less than 400 mg per day.
- **REVIEW ALL MEDICATIONS WITH YOUR DOCTOR:** If you are on heart or hypertension medication it is strongly advised that you inform your prescribing doctor about your planned surgery.
- **FILL YOUR PRESCRIPTIONS:** You will be given prescriptions for medications. Please have them filled **BEFORE** the day of surgery and bring them with you.

THE DAY
BEFORE
SURGERY

- **CONFIRM THE SURGERY TIME:** We will call you to confirm the time of your surgery. If you are not to be at home or your office, please call us to confirm at 732-842-3737.
- **PRESCRIPTIONS:** Make sure that you have filled the prescriptions you were given and set the medications out to bring with you tomorrow.
- **HOTEL ARRANGEMENTS:** If you are staying at a hotel, have your companion for the night check in while you are undergoing surgery.
- **MEDICATIONS:** Bring all your medications including those you take unrelated to the surgery.
- **ANTIBACTERIAL SOAP:** All patients, except those undergoing facial surgery, are to wash the surgical site(s) with antibacterial soap the day before surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER 12:00 MIDNIGHT.** This includes water.
- **RESPONSIBILITIES:** The first few days after surgery will be the most incapacitating and the most disruptive to your normal routines and responsibilities. Make plans to deal with this disruption such as caring for young children. Your main responsibility the first few days should be to yourself.

MORNING OF
SURGERY

- **SPECIAL INFORMATION:** Do not eat or drink anything! If you take daily medication, you may take it with a sip of water in the early morning.
- **ORAL HYGIENE:** You may brush your teeth but do not swallow the water.
- **CLEANSING:** Shower and wash the surgical areas again with antibacterial soap.
- **MAKE-UP:** Please do not wear moisturizers, creams, lotions, or makeup.
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.
- **CHECK IN/PREPARATION: Surgery Time:**

Report with your prescribed medications. You should plan to arrive 1 hour earlier than your scheduled surgery time. Patients less than 18 years old must be accompanied by a parent or legal guardian.
- **YOU MUST HAVE A RESPONSIBLE ADULT ACCOMPANY YOU HOME** after surgery if your procedure is being performed under general anesthetic or sedation. We may have to cancel your procedure if you cannot provide a ride home.

Medications to Avoid Before and After Surgery

If you are taking any medications on this list, they should be discontinued 10 days prior to surgery and only Tylenol should be taken for pain. All other medications that are currently taken must be specifically cleared by your doctor prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your doctor and nursing staff.

Aspirin Medications to Avoid

4-Way Cold Tabs
Alka-Seltzer
Alka-Seltzer Plus
Anacin
Anexsia w/Codine
Anodynos
APC
Arthritis Pain Formula
ASA
AscriptIn
Aspergum
Axotal
Azdone
B-A-C
Bayer products
BC Powder
Bexaphene
Buffaprin
Bufferin
Buffinol
Cama Arthritis Pain Reliever
Cephalgesic
Cheracol
Congesprin
Cope
Coricidin
Cortisone Medications
Damason-P
Darvon Compound
Dia-Gesic
Disalcid
Doan's Pills
Dolprin #3 tablets
Doxaphene Compound
Dristan
Duragesic
Easpirin
Ecotrin

Emagrin Forte
Empirin
Empirazil
Equagesic
Equazine M
Excedrin
Feldene
Fiogesic
Fiorgen PF
Fiorinal
Gelprin Tablets
Gemnisyn
Indocin
Lortab ASA
Magan
Magnaprin
Marnal
Measurin
Meprobamate
Methocarbamol
Midol
Mobigesic
Momentum
Norgesic
Norwich
Orphenogesic
Oxycodone
P-A-C
Pabalate
Pepto-Bismol
Percodan
Persantine
Phenaphen
Presalin
Propoxyphene Compound
Robaxisal
S-A-C Tablets
Saletol

Salocol
Sine-off
Sinutab
SK-65
Soma Compound
St. Joseph Aspirin
Suprax
Synalogs-DC
Talwin
Tolectin
Triaminicin
Trigesic
Trilisare
Ursinus Inlay-tabs
Vanquish
Zactrin
Zorprin

Ibuprophen Medications to Avoid

Aches-N-Pain
Advil
Aleve
Anaprox
Haltran
IBU-TAB
Medipren
Midol 200
Motrin
Naprosyn
Nuprin
Pedia Profen
Rufen
Trendar

Vitamin E Medications to Avoid

4-Way w Codine	Coldate	I-PAC
A-A Compound	Colrex	Isobarb
A.C.A	Contac	Isollyl
Accutrim	Coumadin	Lanorial
Actebar	CP2	Lodine
Acetsam	Darvon/ASA	Lovenox Injection
Actifed	Dasicon Capsules	Macrochantin
Adapin	Day Pro	Meclomen
Allylgesic	Decojen	Mellaril
Alprine	Dedache	Mepro
Aluprin	Defencin	Meprogesic
Amsodyne	DeWitt's Pill	Mirandon
Anexsia	Dicumerol	Mobidin
Anisindione	Dimetan	Monacet
Ansaid	Dimetapp	Monogesic
Antiten	Dolobid	Mysteclin F
Anturane	Dover's Powder	Nalfon
APAC	Doxycycline	Nalproxyn
Arthritis Bufferin	Drinophen	Opasal
Asalco	Dristamead	Orudis
Ascodeen	Duradyne	Os-Cal-Gesic
Aspadine	Dynosal	Pabirin
Asphac-G	Elavil	Pamelor
Asriptin	Emagrin	Pan-PAC
Astoka	Emprin w/ Codine	Panwarfin
BC Tablets	Endep	Pasibar
Bexophene	Enoxaprin Injection	Percobarb
Bi Act	Entab – 650	Persantin
Bitrin	Etrafon	Phenotron
BUF	Febrinette	Phenylpropanolamone
Buff-A	Fendol	Plegine
Buffadyne	Fiorgesic	Ponstel
Butazoladin	Flagyl	Prednisone
Cadasa Tap.	Forbutol	Propadrine
Cafacetin	Furadantin	Protamine
Calciparine	Gelcoid	Protension
Cama Inlay	Goody's Powder	Pyroxate
Carpon	Haysma	Quiet World
Childrens advil	Heparin	Relafen
Christodyne	Hepto	Rhinatone
Clinoril	Histalyl w/ ASA	Rhinex
Clinoril C	Hydrocortisone	Rhinocaps
Coastalgesic	Hypan	Riona

Vitamin E Medications to Avoid – con'td

Ru-Lor-N
Ru-Tuss
Salatin
Salejo
Salfex
Salicylates
Salphenine
Salalate
Salsitab
Salsprin
Sine-Aid
Sinequan
Sinex
Soltice
Sparine
Stelazone
Stenden
Surmontil
Tabloid APC
Tempanil
Tempanil Tentab
Ten-Shun
Tenuate
Tenuate Dospan
Thorazine
Tofranil
Toradol
Triavil
Trilisate
Ursinus
Van-Trol-Nol
Vantrin
Virbamyacin
Viro-med
Vitamin E
Voltaren
Warfaren

POST OPERATIVE MEDICATIONS

YOU MAY BE GIVEN ONE OF THE FOLLOWING MEDICATIONS:

PAIN MEDICATION

PERCOCET-(oxycodone hcl/acetaminophin) - You may take one or two tablets every 4 to 6 Hours as needed for pain relief.

VICODEN-(hydrocodone bitartrate/acetaminophin) - As above

DARVOCET N-100-(propoxyphene napsylate/acetaminophen)- As above

OXYCONTIN-(oxycodone hcl) - Long acting percocet, that is to be taken every twelve hours. This medication will help keep a steady state of pain reliever in the blood stream and should be taken on schedule for best results.

All narcotic pain medication can cause nausea and vomiting. You should avoid taking this medication on an empty stomach.

All narcotic medication may cause itching. You may take 25 milligrams of Benadryl every 6 hours to relieve these symptoms.

All narcotics will cause constipation. It is very important that you take a stool softener such as Colace or Senekott while you are taking pain medication. These are over the counter medications and should be taken according to the manufacturers directions.

ANTISPASMODICS

VALIUM-(diazepam) - This medication is commonly used for anxiety, but if you have had breast implants placed you will be given this drug. This will relieve any muscle spasm of the pectoral muscles. You may take one tablet every 6-8 hours.

This may be taken with your pain medication, however may make you very drowsy.

ANTIBIOTICS

DURICEF-(cefadroxil) - take one capsule 2 times daily

OMNICEF-(cefdinir) - take one capsule 2 times daily

LEVOQUIN-(levofloxacin) - If allergic to penicillin you will be given Levoquin. This is to be taken once daily.

All antibiotics are to be started AFTER your surgery unless instructed otherwise by Dr. Greco.

All antibiotics may cause diarrhea as well as vaginal and oral yeast infections. If you know you are prone to these infections, please inform Dr. Greco, he may decide to give you Prophylactic treatment to avoid these side effects.

ANTIEMETICS

ZOFRAN O.D.T. (ondansetron) - This is to be taken at the first sign of Nausea. It is to be placed under the tongue to dissolve. This may be taken every 6 hours as needed.

If you do not have Zofran, you may take 25 milligrams of benadryl, this will also aid in nausea relief, but will make you tired.

ANTIVIRALS

VALTREX-(VALACYCLOVIR) - One tablet two times daily. This medication will be Prescribed if you are having a procedure that involves Laser resurfacing or Dermabrasion of the mouth/lips region. This medication will help prevent potential viral outbreaks. This medications should always be started two full days (4 doses) prior surgery. This may be taken the morning of surgery with a sip of water.

STEROIDS

MEDROL DOSE PACK (methylprednisolone) - This is to be taken according to the directions on the package, unless otherwise instructed by Dr. Greco. This medication will help reduce the swelling of your surgery. This medication will usually only be prescribed for facial surgery. It is not uncommon to experience excessive thirst and increased appetite with this medication.

OCULAR MEDICATION

VIGAMOX- (moxifloxacin) 1 drop every 8 hours in the affected eye(s). This is an antibiotic which will be started after surgery. Your eyes may be blurry after each application.

PRED-FORTE(prednisolone) One drop in the affected eye(s) 4 times daily for a maximum of four days unless otherwise instructed by Dr.Greco. This is an anti inflammatory medication that will help relieve the itching and redness in the eyes.

FML OINTMENT (flourometholone) - Apply to affected areas three times daily. This is a topical steroid cream which will decrease the inflammation of your skin. Only use this as directed by Dr. Greco.

BACITRACIN OPHTHALMIC OINTMENT- Apply to your eyelid incisions 3-4 times daily or whenever your incision appears to be dry. There should always be a light coating on the incision.

OVER THE COUNTER MEDICATIONS

NEOSPORIN OR BACITRACIN- Antibacterial creams to be used directly on the incision sites. Some people may have allergic reactions to this medication if they have Metal allergies zinc, silver, etc. If you have ever worn costume jewelry and reacted to the metal you should not use these medications.

BACTROBAN OINTMENT- (mupirocen) This medication may be used if you are a health care worker or have recently been hospitalized. You will need a prescription for this.

AQUAPHOR- A hypoallergenic petrolatum based ointment to be used after lasering or as Directed by Dr. Greco.

ARNICA MONTANA-This is a homeopathic remedy that has been shown to aid in the reduction of bruising and swelling. It is used according to the manufacturers directions.

BROMELAIN-This is a homeopathic remedy that will act as an anti inflammatory agent, Decrease swelling and pain. It may be taken according to the manufacturers directions.

VITAMIN-C- You may take 500mg of Vitamin-C up to 2 x daily, this will aid in wound healing.

ZINC - Zinc may be taken on a daily basis to aid in wound healing. 50 to 200 mg daily

ALL MEDICATIONS, PRESCRIPTION AND OVER THE COUNTER, ARE TO BE USED TO THE MANUFACTURERS SPECIFICATIONS UNLESS OTHERWISE INSTRUCTED. IF ANY ADVERSE REACTION OR ALERGIC REACTIONS SHOULD OCCUR, DISCONTINUE USE AND PHONE YOUR PHYSICIAN IMMEDIATELY.