

264 Broad Street
Red Bank, NJ 07701
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New York, NY 10019
T (212) 980 0776

Dr. Gregory A. Greco

Plastic, Cosmetic & Reconstructive Surgery

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.



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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
Emprazil
Equagesic
Equazine M
Excedrin
Feldene
Fiogesic
Fiorgen PF
Fiorinal
Gelprin Tablets
Gemnisyn
Indocin
Lortab ASA
Magan
Magnaprin
Marmal
Measurin
Meprobamate
Methocarbamol
Midol
Mobigesic
Momentum
Norgesic
Norwich
Orphenogesic
Oxycodone
P-A-C
Pabalate
Pepto-Bismol
Percodan
Persantine
Phenaphen
Presalin
Propoxyphene Compound
Robaxial
S-A-C Tablets
Saleto

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



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Vitamin E Medications to Avoid

4-Way w Codine
A-A Compound
A.C.A
Accutrim
Actebar
Acetsam
Actifed
Adapin
Allylgesic
Alprine
Aluprin
Amsodyne
Anexsia
Anisindione
Ansaid
Antiten
Anturane
APAC
Arthritis Bufferin
Asalco
Ascodeen
Aspadine
Asphac-G
Asriptin
Astoka
BC Tablets
Bexophene
Bi Act
Bitrin
BUF
Buff-A
Buffadyne
Butazoladin
Cadasa Tap.
Cafacetin
Calciparine
Cama Inlay
Carpon
Childrens advil
Christodyne
Clinoril
Clinoril C
Coastalgesic

Coldate
Colrex
Contac
Coumadin
CP2
Darvon/ASA
Dasicon Capsules
Day Pro
Decojen
Dedache
Defencin
DeWitt's Pill
Dicumerol
Dimetan
Dimetapp
Dolobid
Dover's Powder
Doxycycline
Drinophen
Dristamead
Duradyne
Dynosal
Elavil
Emagrin
Emprin w/ Codine
Endep
Enoxaprin Injection
Entab - 650
Etrafon
Febrinette
Fendol
Fiorgesic
Flagyl
Forbutol
Furadantin
Gelcoid
Goody's Powder
Haysma
Heparin
Hepto
Histalyl w/ ASA
Hydrocortisone
Hypan

I-PAC
Isobarb
Isollyl
Lanorial
Lodine
Lovenox Injection
Macroclantin
Meclomen
Mellaril
Mepro
Meprogesic
Mirandon
Mobidin
Monacet
Monogesic
Mysteclicin F
Nalfon
Nalproxyn
Opasal
Orudis
Os-Cal-Gesic
Pabirin
Pamelor
Pan-PAC
Panwarfin
Pasibar
Percobarb
Persantin
Phenotron
Phenylpropanolamone
Plegine
Ponstel
Prednisone
Propadrine
Protamine
Protension
Pyroxate
Quiet World
Relafen
Rhinat
Rhinex
Rhinocaps
Riona



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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
Virbamycin
Viro-med
Vitamin E
Voltaren
Warfaren



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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.



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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.



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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 ALLERGIC REACTIONS SHOULD OCCUR, DISCONTINUE USE AND PHONE YOUR PHYSICIAN IMMEDIATELY.

