

## PREPARATIONS FOR SURGERY

### **TWO WEEKS BEFORE SURGERY:**

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. **Aspirin-containing products should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any aches or pain prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us at **214-645-3116**.

Please inform my office of any homeopathic remedies you are taking prior to your surgery. Most herbal and homeopathic medications interfere with anesthesia, causing bleeding, and inhibit wound healing.

**\*Smoking will affect how you heal. It is very important to discontinue smoking for at least 6 weeks before surgery (this includes use of smokeless tobacco products and nicotine patches or gum).**

### **THE EVENING BEFORE SURGERY:**

- Get a good night's rest
- Make some jello and/or soup for after surgery
- Do not eat or drink anything after midnight if your surgery is scheduled before noon
- Shower or bathe the night before your procedure

### **THE MORNING OF YOUR SURGERY:**

- Arrive for your surgery on time.
- If you are taking medications, please discuss these with Dr. Janis. Some medications may need to be held the morning of your surgery.
- Do not eat or drink anything if your surgery is scheduled before noon. You may have coffee/tea and dry toast no later than 8 hours before your scheduled surgery time.
- Do not wear contact lenses, make-up, hairpieces or hairpins. Do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing; preferably a button or zip up top (do not wear a top that has to be slipped on over your head), loose pants and comfortable, slip-on shoes.
- Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home.

### **AT HOME AFTER YOUR SURGERY:**

- Avoid strenuous activity, exercising and lifting of heavy objects greater than 10 pounds for 3 weeks (keep heart rate less than 100 beats per minute).

- A light diet is best for the day of surgery. Begin taking liquids and slowly progress to soups or jellos. You may start a regular diet the next day. Never force yourself to take solid foods initially. The most important thing is to keep up with your fluid intake.
- If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you do not have pain, do not take the pain medication. Do not drink alcohol while taking pain medication.
- Typically you will be given an antibiotic that you will take for a prescribed number of days. You may also be given medications for sleep and for anxiety. Take these as directed.

## POST-OPERATIVE INSTRUCTIONS

### Call my office immediately if:

1. If you have a sudden onset of pain, fever, or redness, or
2. If you have not seen improvement in two to three days.

**\*\* Be particularly alert for: fever (oral temperature greater than 101), excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat or rapid breathing rate. \*\***

### GENERAL INFORMATION:

- Strenuous activities and exercise are to be avoided for at least two weeks after your surgery. You may gradually resume normal activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting of objects greater than 10 lbs. should be avoided for 6 – 8 weeks after your surgery.
- Bruising and swelling are normal and will disappear in time.
- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Use a sunscreen with a SPF 20 or greater for at least 6 months.
- You may resume driving when you are no longer taking narcotic pain medications and feel unrestricted by pain.
- Please take all medication carefully and as directed. Please follow all instructions which may accompany the medications: such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.
- Remember to follow any special instructions, which have been given to you and call me if you have any questions.

**MY TELEPHONE NUMBER IS (214) 645-3116**