

Pre-Operative Instruction Checklist

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| Your Surgery Date is: | |
| Prescriptions Received: | Antibiotic: _____ Pain Killer: Norco/Vicoden Other: _____ |
| One Month Before Surgery | |
| | <ul style="list-style-type: none"> • Refrain from all nicotine products |
| 3 Weeks Before Surgery | |
| | <ul style="list-style-type: none"> • Stop Aspirin or any products that contain aspirin. • Stop taking Advil, Motrin, Ibuprofen, Aleve, or any medication that contains those products. • *** Tylenol (Acetaminophen) is the only medication acceptable 3 weeks prior to your surgery and for one week after surgery.*** • If over the age of 50, EKG is required within last year. |
| 1 Week Before Surgery | |
| | <ul style="list-style-type: none"> • Do not drink Alcohol for 1 week before and 1 week after your surgery. • Stop all herbal remedies unless approved by Dr. Evangelisti |
| 1 Day Before Surgery | |
| | <ul style="list-style-type: none"> • You need to start your antibiotics today. _____ • The surgery center will contact you to let you know when you are to arrive to at the surgery center for your procedure. If you are scheduled for Friday, they will call you on Thursday. If you are scheduled for Monday, they will call you on Friday. • DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!!!! **No mints, candies, or gum, ice chips, or water. |
| Day of Surgery | |
| | <ul style="list-style-type: none"> • You may shower and shampoo. Please do not use any make-up, hair products, body/facial moisturizers, deodorant or dark nail polish. • Wear clothing that either buttons up or zips up. • If you are an augment or breast reconstructive surgery patient, take your 2 Flexeril tablets with a sip of water on your way to the surgery center • Do not take your antibiotics today as you will receive antibiotics at the surgical center. • You may take the following medications the morning of surgery with a small sip of water: _____ |
| Day After Surgery | |
| | <ul style="list-style-type: none"> • Resume your antibiotics today. Finishing off the next 9 days. • Make sure to take a lot of fluids and eat prior to taking your pain medication. • Antibiotics have a refill on them. If you have a drain in place longer than 9 days, refill antibiotics and take them until 2 days <u>after</u> drain is removed. |
| After surgery | |
| | <ul style="list-style-type: none"> • Arnica Montana (6C) will help to resolve bruising. Dissolve 3-5 pellets under tongue 3 times/day. • Narcotic can cause constipation. Please use magnesium citrate to alleviate symptoms. • Please call the office with any questions/concerns prior to upcoming weekend. |