

RICARDO A. MEADE, MD

Pre-Operative Instructions

Six Weeks before Surgery

- Quit smoking--nicotine reduces blood flow to the skin and can cause significant complications during healing. You will have to refrain from smoking for at least 6 weeks after surgery. It's not a bad idea to consider quitting permanently at this point, because smoking can decrease the lifetime of your plastic surgery results.
- Arrange for someone to drive you to and from the surgical facility on the day of your procedure and remain with you for at least 24 hours after. Remember, people are busy, so the sooner you get this lined up, the better. You CANNOT leave the facility on your own and you CANNOT be left alone during the first 24 hours.

Four Weeks before Surgery

- **THOROUGHLY READ your surgery packet** and follow the instructions regarding lab work, consents, payment, co-pays, medications, pre-op instruction, post-op instruction, etc. **Once you have read your packet you will have a better idea of what to expect leading up to and after your surgery.**
- Contact our office 214-821-8613 if you have any questions regarding your surgery packet.
- Prescriptions for any pre/post-op medications will be called in to the pharmacy on file in your chart.

Two Weeks before Surgery

- NO ASPIRIN, IBUPROFEN, ALEVE (naproxen), or other NSAIDs --They interfere with normal blood clotting. For pain relief, you can take Tylenol or generic acetaminophen.
- Please DISCONTINUE ALL HERBAL MEDICATIONS, SUPPLEMENTS and DIET PILLS--They can complicate your surgical procedure or increase risks.
- Your normal multivitamin is fine, but discontinue "MEGADOSES" of VITAMIN E.
- Your LAB WORK and CONSENTS should be returned to the office.
- REPORT any signs of cold, infection, boils, pustules, skin rash, etc., immediately so you can be treated and avoid surgery cancellation.

The Week of Surgery

- Fill your pre-operative shopping list, including picking up your prescriptions, germ-inhibiting soap, and straws to encourage you to drink water. Put together a tasty and nutritious assortment of soft foods to encourage eating that supports healing after surgery.
- Confirm arrangements for your ride home after surgery and assistance at home for a few days after surgery.
- You MUST have someone stay with you the first night after surgery if you are not staying in the hospital. (This includes staying at the CLOISTER and at home.) IF you are staying at the hospital and would like someone to stay the night with you there are typically pull-out loungers in the rooms for your loved one to sleep on.
- This is a good time to prepare your recovery space. You should have a wedge pillow or enough pillows to hold your torso upright during recovery. Get a few good books and some movies you want to watch. You won't be confined to bed, but the more you enjoy your rest, the more you'll do it and the better your recovery.
- It's not a bad idea to move needed items down from high shelves. You will likely not want to reach over your head much for a few weeks.
- DO NOT take any cough, cold, or other over-the-counter medications without permission.
- REPORT any signs of cold, infection, boils, pustules, skin rash, etc., immediately so you can be treated and avoid surgery cancellation.

The Day before Surgery

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT before your surgery day.
- Call the office with any questions or concerns you may have regarding the surgery.
- DO NOT workout the night before or the morning of surgery. This will dehydrate your body and you will not be able to replenish with water.
- It is a great idea to **READ OVER YOUR PRE/POST-OP instructions again**, if you have not already read them. The post-op instructions will help you to understand what to do during your recovery. The day before surgery you are focused on the surgery day and you will have a better idea of how to care for yourself during your recovery process by reading this information again.

The Day of Surgery

- **DO NOT eat or drink anything, not even water, after midnight the night before your surgery.** No gum, candy, mints, or coffee the morning of surgery. If you sneak anything, you can increase your risk of serious surgical complications.
- You may brush your teeth the morning of surgery, but do not drink anything.
- Your surgeon will tell you whether you should take any regular medications the day of the procedure.

- BRING A LIST of your current medications with you.
- BRING the prescriptions that Dr. Meade gave you (Antibiotics and Pain Medication).
- TAKE a shower the night before and the morning of your surgery.
- DO NOT use makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant on your skin, hair, or face.
- DO NOT wear contacts to surgery. Wear your glasses and bring your glasses case.
- DO NOT bring any valuables or wear any jewelry. If you cannot remove your wedding rings or simply can't bear to, we will tape them.
- Wear comfortable loose-fitting clothes: We recommend a button-up top and pull-on pants with easy-to-slip-on flats. Don't wear a shirt or other clothing that has to be pulled over your head.

Arrival at the Facility for Surgery

- You will be asked to give a urine sample upon arrival.
- You will change into a hospital gown in the pre-op area and the pre-op nurse will help to prepare you for your surgery.
- If you require surgical marking Dr. Meade will do this in the pre-op area. Depending on the surgical procedure you may or may not see Dr. Meade in Pre-Op.

General Instructions

- Moderate Swelling of the operative area is to be expected. You may find that your clothes may not fit as easily as before. The swelling will gradually subside over the next few months after surgery.
- If you notice some vaginal burning/itching as a result of the antibiotics used during/after surgery contact our office 214-823-1691 immediately. You may need diflucan, mycostatin or monistat combination pack.

Diet After Surgery

- After surgery start with a liquid diet then progress to a bland, soft diet.
- Limit spicy or greasy foods which cause gas and bloating.
- Low sodium (salt) diet is recommended for the few days after surgery. Sodium causes tissues to swell and swelling causes increased pain.
- Anesthesia and some of the medications (i.e., narcotic pain meds) cause constipation as a side effect. You may want to increase fresh fruit and vegetables after surgery to aid in prevention of constipation. Purchasing an over the counter stool softener may be helpful as well.

Post-Operative Instruction

- Please refer to the specific post-operative information that was e-mailed to you in your surgical packet for specific instruction and follow up care. **PLEASE CALL 214-823-1691 to schedule a post-operative appointment.** You may also need to schedule a suture removal appointment with Dr. Meade's nurse.
- When possible, Dr. Meade's Nurse will go over post-op instruction and provide your family member or support person with information specific to your procedure after surgery.
- **IMPORTANT-** Call the office (214-823-1691) for any increased redness, swelling, foul smelling wound drainage, wound separation, severe/uncontrolled pain or temperature >101.5. Do not hesitate to call for any other questions of concerns.