



Stephen A. Chagares, MD, FACS

General, Laparoscopic and Breast Surgery

DO NOT TAKE

10 DAYS BEFORE AND 2 DAYS AFTER SURGERY

Drugs Containing Aspirin: Alka-Seltzer • Anacin • Ascriptin • Bufferin
Cheracol Capsules • Coricidin • Darvon • Dristan • Empirin • Excedrin • Fiorinal
Midol Sine-Aid • Sinutab • Percodan • Triaminicin • Vanquish • Baby Aspirin • Aspirin

Other Drugs with Undesirable Side Effects: Advil • Aleve • Celebrex • Clinoril
Endep • Feldene • Flexoril • Heparin • Ibuprofen • Indocin • Lioresal • Mysteclin F
Motrin • Naprosyn (Naproxen) • Pamelor • Oraflex • Phentermine-Ionamine
Phendimetrazine-Plegine • Parnate • Ru-Tuss • Robaxisal • Surmontil • Tagamet
Triavil • Tenuate Dospan • Tetracycline • Vibramycin • Zomax

Supplements, Herbs and Foods: Beta-Carotene • Black Cohosh • Coenzyme Q10
Cranberry • Feverfew • Fish Oil • Garlic • Ginko Biloba • Ginseng • Goldenseal
Grapefruit Juice • Multivitamin • Omega Oils • Pre-Natal Vitamin • Saint John's Wort
Saw Palmetto • Selenium • Vitamin A • Vitamin C • Vitamin E

5 DAYS BEFORE AND 2 DAYS AFTER SURGERY

Aggrastat • Brilinta • Coumadin • Effient • Integrilin • Kengreal • Plavix • Pletal
Reopro • Ticlid • Tolectin • Zontivity

3 DAYS BEFORE AND 2 DAYS AFTER SURGERY

Eliquis • Nalfon • Nicobid • Pradaxa • Savaysa • Xarelto

**TYLENOL IS OK TO USE FOR
PAIN/DISCOMFORT FROM NOW
UNTIL SURGERY**



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GENERAL INSTRUCTIONS FOR SURGICAL PATIENTS

Before Surgery

1. Please shower the morning of surgery and do not apply lotion, underarm deodorant, or hair products and makeup.
2. Stop smoking at least three weeks prior to and three weeks following surgery. Refrain from all sources of nicotine (e.g. patches, gum). Patients who take nicotine have a significantly higher risk of complications.
3. Report any signs of a cold, fever, infection, boils, or pustules appearing two weeks before surgery.
4. Make arrangements for any driving and childcare or other commitments as necessary. Have someone available to drive you home after surgery. He/she should have a car that is easy to get in and out. An adult should be with you for the first 24 hours after surgery. You will not be allowed to leave the Center alone or drive a car for at least 24 hours following surgery. Remember that it is illegal to drive while under the influence of pain medication or sedatives.
5. Have nothing to eat or drink after midnight the night before surgery. However, it is recommended that you stay hydrated the day before your surgery. Refrain from alcohol or any other recreational drugs for at least 48 hours prior to surgery and at least one week post-operatively.
6. Pain medication often causes constipation. For most patients, Metamucil or Colace, as directed, is a good solution. Please ensure you are not constipated prior to surgery, as this can be problematic.
7. Wear loose fitting clothing (e.g. sweat pants and a zippered sweat shirt) with nothing that must go over the head, and appropriate shoes. Please do not wear high heels. Also, do not wear jewelry.
8. Do not wear contact lenses or nail polish (except professionally applied nail tips). Avoid having your cuticles done before and after surgery.
9. Dentures will be removed prior to your surgery and kept in your locker until after your procedure.
10. Please bring a list of your medications, insurance card, driver's license and garment if applicable, the morning of surgery.

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GENERAL INSTRUCTIONS FOR SURGICAL PATIENTS

After Surgery

1. Be sure you are eating, drinking, and using the bathroom normally after surgery.
2. Stay hydrated and be sure to walk around hourly when awake to prevent blood clots in the legs.
3. Except for hourly activity, you should be resting.
4. You might have some slight oozing or drainage after surgery depending on the type of procedure (consider using old sheets and pillowcases).
5. Keep the area of surgery clean and dry unless otherwise directed. Shower with your doctor's permission.
6. Keep the bandages, splints, or garments on until otherwise directed.
7. Take your post-operative medications as directed by your doctor. You can use Tylenol for moderate pain if desired to avoid the narcotic pain medications. Do not use non-steroidal anti-inflammatory drugs such as Advil, Aleve, Motrin, or Naprosyn until approved by a nurse or doctor.
8. Have assistance going to and from the bathroom during the evening after surgery, and then have assistance going up and down stairs the first day following surgery. Get out of bed slowly.
9. Avoid strenuous activities and sports for at least four weeks after surgery. Check with your doctor before resuming normal activities.
10. You may resume driving when you are not taking narcotic medications and you are physically able to turn and move safely to drive.
11. Feel free to call the office with any questions or concerns.
12. Your first post-operative appointment is _____
13. Additional instructions _____

Patient Signature & Date _____

Witness Signature & Date _____

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DEEP VENOUS THROMBOSIS *And Pulmonary Embolism Patient Education*

Deep Venous Thrombosis (blood clots in your leg veins) and Pulmonary Embolism (blood clots traveling from the leg to the lung) are known risks for any operative procedure and in rare cases can lead to death. For this reason, we feel it important that you understand the risks and measures taken to minimize it.

Make sure that you tell your doctor if you have a history of the following as these can increase the chance of forming blood clots:

- a hypercoagulable state
- bleeding disorders
- previous blood clots
- cancer
- use of birth control medications
- use of hormone replacement therapy
- use of tobacco products
- heart failure
- use of chemotherapy agents (e.g. tamoxifen and others)

DURING SURGERY

- Sequential compression devices are used during and after the procedure to decrease the chance of forming a blood clot.

AFTER SURGERY

- Walking: It is very important for you to ambulate (walk) the night of surgery and daily thereafter. We usually recommend walking at least one lap around your bedroom every hour while you are awake.
- Hydration: Remain well hydrated (by drinking fluids) both before (except for the time you are not supposed to be eating prior to surgery) and after the procedure. We recommend you hydrate with Gatorade (or a diabetic equivalent if applicable) to the point where you are urinating frequently.
- Immediately report any symptoms of chest pain, shortness of breath, or calf pain/swelling to your physician.

I fully read and understand the above information provided and attest that I will be following all of the above recommendations.

Patient Signature & Date _____

Witness Signature & Date _____