

James W. Marsh, M.D., F.A.C.S.

PLASTIC AND RECONSTRUCTIVE SURGERY



AMERICAN SOCIETY OF PLASTIC SURGEONS

GENERAL PREOPERATIVE INSTRUCTIONS

Dear Patient,

You are scheduled for surgery in our office surgical suite on _____ at _____. Please arrive _____ the morning of surgery to sign your consent forms. PLEASE FOLLOW THE BELOW INSTRUCTIONS CAREFULLY.

1. You have been given _____ prescriptions, one an antibiotic and the other is pain medication. Please have these filled before surgery. You will begin the antibiotic the day following your surgery, unless otherwise advised.
2. Shower and shampoo your hair before surgery that morning, because it will be three days before you can shower and shampoo.
3. Do not take aspirin or Vitamin E products at least ten days prior to surgery. We suggest you take only Tylenol.
4. Please do not take a sedative prior to surgery.
5. It is very important that you have nothing to eat or drink after midnight before your surgery. This includes coffee and water.
6. Please do not wear any makeup, pantihose, or jewelry. We will not be responsible for valuable items.
7. Please wear a shirt that buttons down the front, shorts or loose fitting pants, and tennis shoes with socks.
8. Please prepay your surgical fee of \$_____ today at the pre-operative appointment. The office will accept American Express, Visa, MasterCard, check or cash.
9. Please have your caretaker pick you up from surgery at _____. At that time instructions will be given to them regarding your care.
10. Please bring a map with directions to your home or where you will be staying after surgery. Dr. Marsh will visit you that evening. Please put your name, address and phone number on your map.
11. If you are having an augmentation mammoplasty please remember to bring your brassiere in that morning. This should be without underwire and must hook in the front.

12. Please arrange to have someone stay with you the evening of surgery.
13. Please make sure you have laboratory work, EKG, and eye exam and tear production if applicable done at least one week prior to surgery.
14. If you are having eyelid surgery, please purchase a small bottle of artificial tears. They are also called "Hypo-tears". You will also need to purchase one ice pack. The office staff will inform you of the type of icebag to get.
15. Please do not wear nail polish on your index fingers.
16. It is suggested that you bring a scarf if having a facelift. We will put this over your dressing for you after surgery.
17. If you wear contact lenses, please do not wear them to surgery. If you need reading glasses to read your consents please bring them with you the morning of surgery.
18. If you are having surgery in the afternoon, you may have a Carnation Instant Breakfast or a liquid breakfast, no solid foods, and this must be consumed by 9:00 a.m.

FIRST THREE DAYS AFTER SURGERY:

- You are home and quiet.
- You are waiting for the blood vessels to seal.
- Keep your head elevated and your blood pressure down.
- You are bored.

END OF THE FIRST WEEK - 7 DAYS SINCE SURGERY:

- You are back to normal, LIGHT activity.
- You may drive a car, go out to dinner, run light errands, go to the movies, or do light office work.
- Think first before you act.
- Your exercise consists of strolling through the mall.
- If you are sweating, you are doing too much!
- You are now beginning to see the light at the end of the tunnel.
- You pass for human.

END OF THE SECOND WEEK - 14 DAYS SINCE SURGERY:

- You are back to normal activities, BUT no golf, tennis, or exercise class.
- The bruising is gone.

- You may take long walks and use a stationary bike, but no exercise that causes you to strain.
- You are beginning to feel human again.
- You look better than you did before surgery.

END OF THE THIRD WEEK -21 DAYS SINCE SURGERY:

- You may now begin exercise.
- Still no tennis tournament or marathon runs. Ease back in to your normal exercise routine.
- You are looking good-DON'T BLOW IT!!
- Heavy exercise at 6 weeks.
Bungee jumping and scuba diving at 10-12 weeks.
- You look great even without makeup.

Foods High in Vitamin K

(vitamin K helps your blood clot)

- ***Please eat foods high in vitamin K three days before surgery to decrease bleeding during surgery.***

(Please refer to below lists.)

Very High	High	Medium High
90 to 1,150 mcg	60 to 90 mcg	30 to 60 mcg
Kale	Okra	Chinese cabbage
Collards	Cabbage	Romaine lettuce
Spinach	Rhubarb	Celery
Turnip greens	Plum dried stewed	Coleslaw
Beet greens	Cowpeas or blackeye	Peas edible pod
Mustard green		Cabbage savoy
Brussels sprouts		Cabbage
Broccoli		Blueberries frozen
Spring onions		Pumpkin
Dandelion greens		Peas green
Parsley 10 sprigs		Tuna fish in oil 3 ounces
Spinach noodles		Carrot juice
Asparagus		Spaghetti sauce
Sauerkraut		Mung bean sprouts
Endive		Soybeans cooked
Lettuce green leaf		Kiwi fruit (1 medium)
Scallion		