

Lufkin Plastic Surgery
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GENERAL INFORMATION

Name

Date and Place of Surgery

Be there at

o'clock.

Estimated time of discharge is

o'clock.

Do not eat or drink anything after midnight the night before surgery. NO GUM.

Please call my office as soon as possible if unable to keep the appointment.

Take a shower using antibacterial liquid soap to wash your body, wear clean clothes.

Do not wear makeup, mascara, eyeliner, lipstick, or nail polish.

Do not wear contact lenses. Leave watches and jewelry at home. No rings.

Wear comfortable loose clothes and flat shoes. No high heels, please.

If you use asthma or blood pressure medicine, take them with a sip of water on the morning of surgery if the doctor has instructed you to do so.

If you are using anti-depressant medication, the doctor must know about it to tell you whether it is alright to take it before surgery. Some anti-depressants are dangerous during surgery!

All diet pills, both prescription, herbal, and over the counter, have the potential to possibly cause unwanted side effects and even death when combined with anesthetic medications. It is imperative that you inform the doctor if you have used any of these products within the last two weeks.

Please inform doctor of all herbal medications you take.

All Aspirin and aspirin-like medicines make you bleed at surgery!

You must be off them at the time of surgery for at least 7 days and preferably 10 days.

Many over-the-counter preparations contain aspirin. If you are unsure, ask the doctor or don't take them.

Plan to have someone stay with you for the first 24 hours after surgery. Do not plan any activities for the first 24 - 48 hours after surgery. Rest is essential.

The doctor must have a list of all your current medicines and pills you are taking!

****Tylenol is Okay****

The following medicines either contain aspirin or else they are like aspirin, making you bleed more at surgery. You must be off them for at least 10 days before surgery and at least 5 days after surgery. If in doubt check with the doctor.

Alka-seltzer	Anacin	Stanback powder
Bufferin	Midol	
Fiorinal	Ascripton	
Percodan	Robaxisal	
BC Powder	Sinuid	
Sinu-tab	Cope	
Coricidin	Darvon compound	
Synalogs DC	Dristan	
Triaminicin	Empirin	
Vanquish	Excedrin	
Aspirin	Persantine (dipyridamole)	
Ticlid	Ecotrin	

All Non-steroidal anti-inflammatories make you bleed more at surgery.

Clinoril	Indocin	Arthrotec
Tolectin	Tolectin DS	Mobic
Ketopressin	Naprosyn	DayPro
Anaprox	Motrin	Relafen
Advil	Nuprin	Nabumetone
Ibuprofen	Rufen	
Feldene	Aleve	

Anti-coagulants thin your blood and make you bleed. It is very important that you be off these medicines for at least 10 days before surgery.

Coumadin Heparin Warfarin Pletal Plavix Aggrenox Lovenox

More very important medicines and herbals you must tell the doctor about if you should be taking them:

Insulin	Prednisone	Echinacea	Ephedra	Ginseng
Vitamin E	Ginko	Garlic	Flaxseed	Kava
St. John's Wort	Valerian	Anti-depression medicines		All diet pills