

GENESIS AESTHETIC SURGERY

MATTHEW GOODWIN, M.D.

PREPARING FOR SURGERY

STARTING NOW

- **SMOKING:** Smoking reduces circulation to the skin and impedes healing. Doctor Goodwin will not operate on tobacco/nicotine users. Please see policy.
- **DO NOT TAKE ASPIRIN, IBUPROFEN,** or any others medications listed on the ***medications to avoid before and after surgery*** list. Review over the counter medications to insure that they do not contain aspirin and ibuprofen. Such drugs can cause breathing problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- **DO NOT TAKE VITAMIN E:** Stop taking all vitamin E, including multivitamins that contain vitamin E. Topical lotions containing vitamin E may be used for their intended purpose.
- **FILL PRESCRIPTIONS AND SUPPLIES:** Please have them filled within 2 days after you receive your prescriptions.

TWO DAYS BEFORE SURGERY

- **CONFIRM SURGERY TIME:** The time of your surgery is confirmed by the hospital 2 business days prior to your surgery date. If you have any questions, please call our office at (561) 655-6622 x2.

THE DAY BEFORE SURGERY

- **CLEANSING:** The night before surgery, shower and wash the surgical and surrounding areas with the anti-bacterial soap. Thoroughly clean navel/belly button area.
- **EATING AND DRINKING:**
 - ❖ **SURGERY SCHEDULED BEFORE 2:00 PM DAY OF SURGERY:** Do not eat or drink **ANYTHING** after 12:00 midnight.
 - ❖ **SURGERY SCHEDULED AFTER 2:00 PM DAY OF SURGERY:** Do not eat after 12:00 midnight. You may have water, apple juice, cranberry juice or Gatorade up to 8 hours prior to surgery start time.

THE MORNING OF SURGERY

- **SPECIAL INFORMATION:** If you take a daily medication, you may take it with a sip of water in the early morning.
- **ORAL HYGIENE:** You may brush your teeth.
- **CLEANSING:** Shower and wash the surgical areas again with the antibacterial soap, including face and hair if you are having facial surgery. For body procedures, thoroughly clean navel/belly button area.
- **SHAVING:** Men shave face as usual prior to washing with the antibacterial soap. It is helpful for patients to shave or use clippers in areas where surgery is to be performed.
- **JEWELRY: DO NOT WEAR JEWELRY** to surgery. This includes rings, watches, bracelets, earrings and all body piercings.
- **MAKE UP:** If you are having facial surgery please do not wear moisturizers, creams, lotions, or make up on your face. For all other types of surgery, you may use moisturizers, creams, lotions and light make up on your face.
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. An assistant will be redressing you at the end of your procedure, so please do not

wear jeans or other confining clothing. Wear socks and comfortable shoes which are easy to remove and put on. Do not wear high heels or clogs. Do not wear wigs.

- **CONTACT LENSES:** Remove contact lenses **BEFORE** arriving at the hospital the morning of surgery. Contact lenses cannot be worn during surgery.
- **PLEASE DO NOT BRING VALUABLES.**
- **GARMENTS:** If you are having surgery that requires a garment, you will receive one on the day of surgery.
- **CHECK IN/PREPARATION:** You should plan to arrive 2 hours earlier than your scheduled surgery time. Patients less than 18 years old must be accompanied by a parent or legal guardian. The hospital will contact you to confirm the exact arrival time 2 days prior to your surgery.
- **MEDICATIONS:** Please be sure you have previously prescribed medications prior to surgery. If you don't have them, let Dr. Goodwin know when he sees you before surgery. If you have questions, it is helpful if you bring them to the facility so he can go over with you.
- **SUPPORT PERSON:** Your support person must accompany you and stay with you until you go into surgery.

Medications to Avoid

If you are taking any medications on this list (or any advised during your appointments), they should be discontinued 2 weeks prior to surgery. If you need something for pain prior to surgery, Tylenol may be taken as directed. This list is thorough but not comprehensive as new medications and supplements are released often. All other medications, prescriptions, over-the-counter, and herbal/supplements that you are taking must be cleared by the anesthesia provider prior to surgery. Please call the office or speak with your regular doctor and pharmacist if there is a medication you take that has not been indicated as safe.

Aspirin medications to avoid: (affect bleeding)

4-Way Cold Tabs	Bismatrol products	Fiorgen PF	Norwich products
5-Aminosalicylic Acid	Buffered Aspirin	Fiorinal products	Olsalazine
Acetilsalicylic Acid	Bufferin products	Fiortal	Orphengesic products
Actron	Buffetts products	Gelpirin	Pabalate products
Adprin-B products	Buffex	Genprin	P-A-C
Aggrenox	Butal/ASA/Caff	Gensan	Pabalate
Aleve	Butalbital Compound	Goody's Extra Strength	Pain Reliever Tabs
Alka-seltzer products	Cama Arthritis Pain Reliever	Headache Powders	Painaid
Amigesic	Carisoprodol	Halfprin products	Pamprin products
Argesic-SA	Cataflam	Heartline	Panasal
Anacin products	Cheracol	Headrin	Pentasa
Anexsia w/ codeine	Choline Magnesium Trisalicylate	Isollyl Improved	Pepto-Bismol
Arthra-G	Choline Salicylate	Kaodene	Penaphen/Codeine #3
Arthriten products	Cope	Lanorinal	Percodan
Arthritis Foundation products	Coricidin	Lortab ASA	Persistin
Arthritis pain formula	Damascon-P	Magan	Pink Bismuth
Arthritis Strength BC Powder	Darvon Compound-65	Magnaprin products	Piroxicam
Arthropan	Darvon/ASA	Magnesium Salicylate	Propoxyphene compound products
ASA products	Dasin	Magsal	Robaxisal
Asacol	Dipenturn	Marnal	Rowasa
Ascriptin product0073	Disalcid	Mathritic	Roxiprin
Aspergum	Doan's	Mefenamic Acid	Saletto products
Asprimox products	Dolobid	Meprobamate	Salocol
Axotel	Dristan	Mesalamine	Salflex
Azdone	Easprin	Methocarbarnol	Salicylate products
Azulfidine products	Ecotrin products	Micrainin	Salsalate
B-A-C	Empirin products	Mobidin	Salsitab
Backache Maximum Strength Relief	Epromate	Mobigesic	Scot-Tussin Original 5-Action
Bayer products	Equagesic	Momentum	Sine-off
BC Powder	Equazine	Mono-Gesic	Sinutab
	Excedrin products	Night-Time effervescent Cold	Sodium Salicylate
		Norgesic products	

Patient Initials: _____

Sodol Compound	Synalgos-DC	Trilisate	Willow Bark products
Soma products	Talwin	Tussanil DH	Zee-Seltzer
St. Joseph Aspirin	Tenol-Plus	Tussirex products	Zorpin
Sulfasalazine	Triaminicin	Ursinus-Inlay	
Supac	Tricosal	Vanquish	
Suprax	Trigesic	Wesprin products	

Ibuprofen and NSAID medications to avoid: (affect bleeding)

Acular (ophthalmic)	Etodolac	Meclofenamate	Oruvail
Advil products	Feldene	Meclomen	Oxprozin
Aleve	Fenoprofen	Mefenamic Acid	Pediacare Fever
Anaprox products	Flurbiprofen	Menadol	Piroxicam
Ansaid	Genpril	Midol products	Ponstel
Arthrotec	Haltran	Mobic	Profenal
Bayer Select Pain Relief	IBU	Motrin products	Relafen
Formula Caplets	Ibuprin	Nabumetone	Rhinocaps
Celebrex	Ibuprofen	Nalfon products	Saleta
Celecoxib	Ibuprohm	Naprelan	Sine-Aid products
Children's Motrin	Indochron E-R	Naprox X	Sulindac
Clinoril	Indocin	Naproxen	Suprofen
Daypro	Indomethacin products	Naprosyn	Tolectin products
Diclofenac	Ketoprofen	Nuprin	Tolmetin
Dimetapp Sinus	Ketorolac	Ocufen (ophthalmic)	Torado
Dristan Sinus	Lodine	Orudis products	Voltaren

Tricyclic Antidepressants to avoid: (intensify anesthesia, cardiovascular effects)

Adapin	Desipramine	Limbitrol products	Protriptyline
Amitriptyline	Doxepin	Ludiomil	Sinequan
Amoxapine	Elavil	Maprotiline	Surmontil
Anafranil	Endep	Norpramin	Tofranil
Asendin	Etrafon products	Nortriptyline	Triavil
Aventyl	Imipramine	Pamelor	Trimipramine
Clomipramine	Janimine	Pertofrane	Vivactil

Other medications to avoid: (affect surgery negatively)

4-Way w/ Codeine	Aptensio	Dicumerol	Furadantin
ACA	Clinoril C	Dipyridamole	Heparin
A-A compound	Concerta	Duragesic	Hydrocortisone
Accutrim	Contac	Emagrin	Lovenox injection
Actifed	Cortisone medications	Enoxaparin injection	Macrofantin
Adderall	Coumadin	Evekeo	Mellaril
Anexsia	Dalteparin injection	Flagyl	Metadate
Anisindione	Daytrana	Focalin	Metformin
Anturane	Dexedrine	Fragmin injection	Methylin

Patient Initials: _____

Miradon	Prednisone	Sofarin	Ticlopidine
Opasal	Protamine	Soltice	Trental
Oxycodone products	Pyroxate	Sparine	Vyvanse
Pan-PAC	Quilivant	Stelazine	Ursinus
Pentoxifyllines	Ritalin	Sulfinpyrazone	Virbamycin
Percodan	Ru-Tuss	Tenuate products	Warfarin
Percentile	Salatin	Thorazine	
Phenylpropanolamine	Sinex	Ticlid	

Supplements/Vitamins to avoid: (affect surgery/anesthesia negatively, affect heart rate/blood pressure, increase bleeding, etc.)

Ackee fruit	Coriander	Gingko biloba	Ma Huang
Alfalfa	D-alpha E	Ginseng	Melatonin
Aloe	Dandelion root	Grmena	Muwort
Amino-Opt-E	Devil's club	Goldenseal	Nem seed oil
Aquasol E	Dong Quai root	Gotu Kola	Onions
Aquavit	Echinacea	Grape Seed	Papaya
Argimony	Ephedra	Guarana	Periwinkle
Barley	Eucalyptus	Guayusa	Selenium
Bilberry	Fenugreek seeds	Hawthorn	St. John's Wort
Bitter melon	Feverfew	Horse Chestnut	Valerian/Valerian Root
Burdock root	Fo-ti	Juniper	Vitamin E products
Carrot oil	Fish Oil products	Kava Kava	Vita Plus E
Cayenne	Garlic	Lavender	Willow Bark
Chamomile	Ginger	Lemon Verbena	Yellow Root
Chromium	Gingko	Licorice Root	Yohimbe

Patient Initials: _____

GENESIS AESTHETIC SURGERY

MATTHEW GOODWIN, M.D.

POSTOPERATIVE CARE

YOUR FIRST 48 HOURS

- **VERY IMPORTANT:** If you have excessive bleeding or pain, please call the office at (561) 655-6622 x2 until 4:30 pm. After 4:30 p.m. please call and press extension 3 for the answering service and they will connect you with Dr. Goodwin.
- **YOUR FIRST 24 HOURS:** For outpatient surgery, a family member or friend must drive you because you have been sedated. A responsible adult, who has a mastery of the English language, must stay overnight with you. If you have any questions about these matters, please ask office staff prior to surgery.
- **DRESSINGS:** **DO NOT** shower until you have been seen at your first post op appointment. Keep your dressings as clean and dry as possible. **DO NOT** remove them unless instructed to do so by Dr. Goodwin or office staff. This includes the support garments you may have been placed in after body surgery.
- **ACTIVITY:** Take it easy and pamper yourself. However, while you must get up and walk around, try to avoid any straining. You may go to the bathroom, sit and watch TV, etc., **BUT NO MATTER HOW GOOD YOU FEEL, DO NOT CLEAN THE HOUSE, REARRANGE THE ATTIC, ETC.** We do not want you to bleed or cause anymore swelling than is unavoidable.
- **DIET:** If you have any post-operative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, use anti-nausea medication. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

- **SMOKING/TOBACCO/NICOTINE:** Do not smoke or use any nicotine products prior to surgery or until you are healed. No inhalational cannabis products should be used either. (See smoking/nicotine policy).
- **ALCOHOL:** Alcohol dilates the blood vessels and could increase postoperative bleeding. **PLEASE DO NOT DRINK** until you have stopped taking the prescription pain medications, as the combination of pain medications and alcohol can be dangerous.
- **DRIVING:** Please **DON'T DRIVE** after general anesthesia or intravenous sedation, or while taking prescription pain pills. Generally, no driving for the first week unless otherwise instructed by medical staff.
- **POSTOPERATIVE APPOINTMENTS:** It is very important that you follow the schedule of appointments we establish after surgery. To make or change an appointment, please call Angela at (561) 655-6622 x1 between 9:00 a.m. and 4:30 p.m. If you have any medical questions or concerns, please call Kathy at (561) 655-6622 x2.