

Laurence Kirwan, MD, FRCS  
Plastic Surgeon  
**General Instructions For Surgical Cases - All Patients**

Please read all these instructions carefully and ask if you have any questions.

**BEFORE YOUR OPERATION**

In the interests of good medical care you should be in the best possible mental and physical health before elective surgery for a non-urgent condition. Medical conditions such as diabetes, high blood pressure and cardiac arrhythmias should be stabilized prior to surgery. If you have a personal crisis or physical upset such a cold, flu, boil, active skin infection, recent injury with or without skin involvement, please let me know as soon as possible before the date of surgery.

**If you have to cancel your surgery for any reason, please give as much notice a possible so that my office can reschedule you. Cancellation in less than two weeks will result in a cancellation fee.**

**You must ensure that your medical clearance, and pre-operative blood tests and EKG (if ordered) are done 10 days before surgery.**

NO ASPIRIN OR ASPIRIN CONTAINING PRODUCTS should be taken for 3 weeks BEFORE or AFTER surgery since it interferes with normal blood clotting and WILL CAUSE INCREASED BLEEDING DURING SURGERY. Please refer to the list of medications attached. If in doubt, ask.

If you are taking an oral contraceptives discontinue for four weeks prior surgery. This will interfere with normal blood clotting and make you more likely to form blood clots in the legs. Breast surgery is best performed in mid-menstrual cycle to reduce bleeding.

Make sure that your physician and your nursing staff are aware that you are taking any of the following medications:

- Anticoagulants - Coumadin
  - Diuretics (water pill)
  - Insulin or oral hypoglycemic drug
  - Medication for high blood pressure
  - Thyroid supplements
  - Contraceptive pill, hormone replacement therapy
- Are you allergic to tape drugs or anything else?

Stop drinking alcohol 2 weeks before surgery and abstain until two weeks after. Alcohol interferes with blood clotting. Smokers should stop smoking 3 weeks before surgery. Nicorettes will be prescribed if necessary. Smoking slows wound healing. All complications occur four times more frequently in smokers.

It is recommended you take the following medications for 2 weeks before and 2 weeks after surgery:

Dietary supplements as recommended by the office.

•High protein diet. For a major procedure, double your protein intake. Eat seafood as a source of protein since it contains trace elements.

\*Do not take Vitamin E, or use Vitamin E cream.

Do not take St. John's Wort, Garlic or Ginseng in any form three weeks before or after surgery

Postoperative medication will be prescribed before surgery so that it is available immediately after surgery. Please make sure that you fill the prescriptions before surgery.

You may be asked to donate one or more units of your own blood prior to surgery. This ensures that you receive your own blood if replacement is required. There is a charge for this since the blood is typed to ensure you get the correct unit of blood. In circumstances with severe blood loss, blood from another donor may have to be transfused. This blood is routinely screened for hepatitis and AIDS virus.

Routine tests are ordered prior to surgery. These may include a full blood count, clotting profile, electrolytes, urinalysis, cardiogram and chest x-ray. If you have had any tests recently please let me know so that they are not repeated unnecessarily. However most blood tests are only valid if done 7-10 days prior to surgery.

Shampoo and shower with Hibiclens or PhisoHex TWICE the day before surgery. If you are not having face or scalp surgery, shampoo only once the day before. Keep Hibiclens out of your eyes.

**DAY OF SURGERY**

Do not eat or drink ANYTHING after midnight the night before surgery. Do not take medications of any kind unless instructed to do so by me. If you have routine medications to take in the morning, discuss with me before day of surgery. In general, these can be taken with a SIP of water, the morning before surgery. Pills for high blood pressure, sleeping pills and most medications for anxiety should be taken as scheduled but please check first with me.

Shower and shampoo with Hibiclens or PhisoHex on the morning of surgery. Plan on making allowance for rush hour traffic if you are to be at the hospital or the office early in the morning. Arrange for somebody to drive you home after

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2.

surgery if you are having sedation or general anesthetic.

Do not wear makeup or apply any creams or lotions to your skin. If you wear contact lenses, you may have to remove them so bring a pair of glasses and your lens case. Bring dark glasses if you are having eyelid surgery.

Wear comfortable loose fitting clothes. Avoid anything that must be put over your head if you're having facial, breast, or abdominal surgery. If you are having hand surgery, wear a short sleeved shirt with wide sleeves. Please do not wear high heels or tight jeans. Do not wear rings, jewelry or nail polish. Leave valuables at home.

If you are having surgery requiring anesthesia, purchase a pair of thigh high TED stockings and apply while lying flat. (This does not apply if you are having surgery on the lower extremity such as liposuction). The stocking will be prescribed prior to surgery. **IF YOU HAVE A CUSTOM GARMENT, BRING IT TO THE HOSPITAL OR THE OFFICE WITH YOU AND GIVE TO THE NURSE TO TAKE TO THE OPERATING ROOM.** These are usually supplied from our own inventory in the office. One garment is supplied as part of your surgery. Additional garments may be purchased for \$75.00

#### **AFTER YOUR OPERATION**

When you return to the office for your follow-up visits please come in through our **business entrance** which is the first door on the right after the elevator. This way you will not have to wait in the reception area. Our staff will bring you right into an examining room.

I may need to see you 24 to 48 hours after surgery and two to three times a week thereafter for two weeks. Your next follow-up after the 14 day appointment is usually six weeks after surgery. There is no charge for routine postoperative care. Please keep all dressings clean and dry. My nurse or myself will do all dressing unless otherwise instructed.

#### **DURING THE FIRST WEEK AFTER SURGERY**

-Rest quietly -Restrict physical activity to a minimum.  
-Avoid lots of visitors.

•**DO NOT DO ANY STRENUOUS PHYSICAL ACTIVITY** or get emotionally excited as this may cause bleeding.

•**DO NOT STRAIN IN THE BATHROOM (BOWEL SOFTENERS ARE PRESCRIBED)**

•**DO NOT TAKE PAIN MEDICATION ON AN EMPTY STOMACH** as it may cause vomiting and bleeding.

•**DO NOT PUT YOUR HEAD BELOW YOUR HEART.**

•**DO NOT DRINK ALCOHOL** •**DO NOT SMOKE**

Reduce conversation to a minimum if you are having facial or neck surgery.

You may go to the bathroom with assistance as needed. Do not use hot or warm compresses. COLD compresses are recommended. Most dressings will become blood stained. This is normal. It is common to feel nauseated and run down after surgery and anesthesia.

Call my office if there is pain or discomfort not responding to medication.

- If there is profuse bleeding requiring extra dressing. - If the facial or hand dressing is tight.

- If you have a fever greater than 101<sup>0</sup> or a shivering attack.

- If you do not feel that you are progressing normally after surgery. If any other question or problem arises. Either a similarly qualified surgeon or myself is available at all times.

**DURING THE SECOND WEEK AFTER SURGERY**-Restrict physical activity to a minimum

#### **IF YOU ARE HAVING AMBULATORY SURGERY**

You must have someone drive you home after your operation. Upon arrival at the surgical facility give the secretary your driver's name and phone number as well as an address and phone number where you can be reached the night after surgery. Make sure your driver can be contacted after he or she leaves you at the hospital or office. Please have someone spend the first night with you if you are having a major procedure. Additional instructions and prescriptions can be given to the person calling for you.

Your pickup must be available to take you home either the same day or the following day at 8.00

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3.

(if staying overnight) If there is significant delay requiring prolonged recovery room care an additional fee will be charged (a minimum of \$250.00)

**PLEASE NOTE**

Fill your prescriptions for postoperative medications before you go to the hospital. This way you can have them available immediately after surgery.

Please ensure that all laboratory results are given to the office before surgery. If they are abnormal we can save you the inconvenience and expense of a wasted hospital admission. If you have a report of a physical exam from your internist ensure that a copy is sent to the office No less than one week before surgery. “REMEMBER, NOTHING” to eat or drink after midnight. NO aspirin products including Advil for three weeks before or after surgery.