



Dr A Anzarut, MSc, CIP, MD, FRCSC
Plastic and Cosmetic Surgery
ASSH Fellowship trained hand surgeon

201 – 2763 Beverly Street, Duncan, BC
Tel: (250) 597-2064
Fax: (250) 597-1297
Email: dranzarutplastics@gmail.com
Web: <http://anzarut.moneomed.com/>

Dear Patient:

Thank you for booking your surgical procedure with us. This pre-operative packet provides important instructions to help minimize the risk of complications throughout your surgical experience. Please take time to read and familiarize yourself with the information contained within the packet and feel free to call with any questions or concerns.

Dr. Alexander Anzarut, MSc, MD, CIP, FRCSC
Plastic Surgery, Cosmetic Surgery, and Hand Surgery

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- 1). Pre-Operative Instructions
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- 3). Medicines/Vitamins/Food to Avoid Prior to Surgery
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- 5). JP Drain Information (if applicable)

IMPORTANT CONTACT INFORMATION

Office Phone (250) 597-2064
Office Fax (250) 597-1297
E-mail Address dranzarutplastics@gmail.com

After Hours Emergency Contact:

Please proceed immediately to your local emergency department or contact Dr. Anzarut directly (250) 510-4668.

I). PRE-OPERATIVE INSTRUCTIONS

The following information will help to make your surgery and recovery as smooth as possible and reduce the risk of complications. Please do not hesitate to ask any questions.

THINGS TO REMEMBER PRIOR TO SURGERY:

- 1. NO ASPIRIN, MEDICATIONS CONTAINING ASPIRIN, OR NON-STEROIDAL ANTI-INFLAMMATORY DRUGS FOR TWO WEEKS PRIOR TO YOUR SURGERY.** These products interfere with normal blood clotting. If needed, you may take plain Tylenol instead. Please review the “Medications and Herbs to Avoid” list at the end of this packet. You will also need to avoid these medications for 2 (two) weeks after surgery.
- 2. NO SMOKING!** This is one of the most important things you can do to minimize the risk of complications. *Before elective surgery, we require that you abstain from smoking for at least FOUR weeks prior and FOUR weeks after the date of surgery.* Even “second-hand” smoke can be harmful to your wound healing. Nicotine causes peripheral blood vessels to constrict, which compromises the blood flow to the skin and interferes with wound healing. This also includes the use of nicotine patches. Surgery may be cancelled if you are actively smoking!
- 3. Obtain a pre-operative history and physical.** This is a necessity for any surgery at the Cowichan District Hospital. It is a documented visit with your family doctor, *completed within 3 months of your surgery date*, stating you are healthy for surgery. We ask that it be *sent to our office at least 3 weeks prior to your surgery*. It can be delivered or sent via fax (1-250-597-1297). If your family doctor is unavailable our office can arrange for this to be done by a family physician in Duncan. If we do not send this document to the hospital they will cancel the surgery.

4. Report any signs of a cold, illness, or unusual rashes to the office should they occur in the week prior to your surgery. The two weeks immediately before or after your surgery are not the time to lose weight by following a crash diet or a fad weight loss program. Eat a well-balanced diet, including all basic food groups and plenty of water. Adequate protein intake is extremely important, as protein is required for wound healing.
5. You must make arrangements for a reliable adult to drive you home after you are discharged from the hospital. You will NOT be permitted to drive yourself.
6. You must arrange for a reliable adult to stay with you for the first 2 days after your discharge from the hospital.
7. You must bring your BC Care card with you to the hospital on the day of surgery.
8. Two days prior to your procedure, please perform a total perineal shave of the genital region if you are having surgery on your abdomen or lower body.

THE DAY BEFORE YOUR SURGERY:

1. Shower as usual with anti-bacterial soap, paying special attention to the areas where the surgery will be performed. Hibiclens, or any product containing chlorhexidine is acceptable.
2. If you are having a tummy tuck (abdominoplasty) or lower body lift, purchase a bottle of Magnesium Citrate or Fleet Phosphosoda at your pharmacy or grocery store. Drink half of the Magnesium Citrate or Fleet mixed with 8 ounces of water (chilled helps!) at noon the day before surgery and then repeat this dose with the remaining half at 3:00pm in the afternoon. You may only have clear liquids from this point until surgery.

This treatment allows tightening of the abdominal muscles to enhance waist definition if appropriate.

3. *If you are having abdominal surgery (including tummy tuck,/panniculectomy/abdominoplasty), please shave at least the top part of the pubic area at least 2 days prior to your surgery.*
4. Remove all makeup, nail polish, and jewelry the night before your surgery.
5. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**
6. If having body contouring procedures such as abdominoplasty, lower body lift, or brachioplasty (arm lift), please shave the hair in the area (pubic area, axillary area) **AT LEAST THE DAY PRIOR TO SURGERY**. Shaving on the day of surgery can sometimes increase the risk for infection by creating small breaks in the skin. **DO NOT APPLY MOISTURIZER THE MORNING OF SURGERY**.
7. Please discontinue all recreational drugs at least 2 weeks prior to surgery.

THE DAY OF YOUR SURGERY:

1. **NOTHING TO EAT OR DRINK.** This includes water. You may only take medications on the morning of your surgery if instructed by the physician or nurse.
2. Wear comfortable, loose-fitting clothes in preparation for your discharge.
3. Do not bring anything of value with you to the hospital (eg: jewelry). Please do not wear wigs, hairpieces, hairpins, watches, etc.
4. If you are wearing contact lenses, please bring a case to put them in because you will need to remove them before your procedure. We ask that you also bring a pair of eyeglasses, as you will be asked to read and sign forms.

II). POST-OPERATIVE INSTRUCTIONS

1. Certain procedures require the use of drains placed during surgery. These usually remain in place to remove fluids your body produces at the surgical site and prevent them from collecting. Procedures that may require drains include:

- Breast Reduction
- Mastopexy (“breast lift”)
- Abdominoplasty (“tummy tuck”)
- Lower Body Lift
- Upper Body Lift
- Brachioplasty (“arm lift”)
- Thigh Lift

Drain care is quite easy (see instructions later in this packet). **IT IS VERY IMPORTANT TO MEASURE THE VOLUME OF FLUID THAT IS COMING FROM EACH DRAIN AND RECORD THEM ALL SEPARATELY.** Drains are ready to be removed when there is less than 30 mL of fluid in each drain over a 24-hour period.

2. **BREAST SURGERY** – if you are having breast surgery (breast lift, breast reduction), you will be placed in a surgical bra immediately following surgery. Please leave the bra intact until your first follow-up visit. ***Please purchase and bring a supportive sports bra that clasps in the front*** with you to your first follow-up visit. We will change your dressings and possibly remove drains at that time as well. Please do not wear underwire bras for at least 4-6 weeks following surgery.

If you are having breast augmentation, we usually have you wear a supportive sports bra. We will supply you with a Velcro band to be worn over the top part of your breasts to keep the implants in a lowered position.

3. **ABDOMINAL SURGERIES** – if you are having abdominal surgeries (including abdominoplasty/panniculectomy, lower body lift), you will have an abdominal binder placed immediately following surgery. It is important to wear this abdominal binder continuously, except for when undergoing dressing changes or showering. Once your drains are removed, you can switch from wearing the original abdominal binder to a “Spanx” or any other compression garment.

4. **ARM OR THIGH/LEG CONTOURING SURGERIES** – if you are having arm or leg surgery, your extremities will be wrapped in compressive dressings post-operatively. Leave these intact until the first clinic visit. It is also important to keep the extremity that has been operated on elevated to minimize swelling and pain.
5. **SHOWERING** – Showering is generally allowed beginning **the 2nd day after surgery**. If you have drains, please shower so the drains entry sites are facing away from the shower (eg: if you have abdominal drains, let the shower hit your back).
6. **SUTURES** – The majority of sutures used in body contouring are absorbable and are beneath the skin surface. These do NOT need to be removed. Some sutures are above the skin and do need to be removed. This will be done in clinic at the appropriate time.
7. **PLEASE ADVISE US +/- GO TO YOUR CLOSEST EMERGENCY ROOM TO SEEK MEDICAL ATTENTION IF YOU FEEL UNWELL, HAVE FEVERS OR CHILLS, HAVE UNCONTROLLABLE PAIN, DISPROPORTIONATE AND INCREASING SWELLING, REDNESS OR SWELLING FROM THE SURGICAL INCISIONS OR DRAIN SITES, OR ARE EXPERIENCING ANYTHING CONCERNING TO YOU.**

III). MEDICINES/VITAMINS/FOODS TO AVOID PRIOR TO SURGERY

Patients scheduled for surgery should **STOP** taking all products containing aspirin and/or non-steroidal anti-inflammatory drugs (NSAIDs) **2 WEEKS PRIOR TO SURGERY**. These drugs can cause bleeding problems. You may take Tylenol (acetaminophen) as needed for headaches, cramps, aches, and pain.

This is a list of common products to avoid, but the list is NOT complete. If you are not sure about a medication, ask your pharmacist. Please review this list to ensure you have stopped taking these medications.

MEDICATIONS TO AVOID:

Advil	Daypro	Panadynes
Aleve	Disalcid	Panalgesic
Alka-Seltzer	Dristan	Pepto-Bismal
Anacin	Duradyne	Percodan
Anaprox	Duragesic	Persantine
Ansaid	Easprin	Quagesic
APC	Ecotrin	Relafen
Arthritis Pain Formula	Emprazil	Sinutab
ASA	Equagesic	Soma Compound
Ascodeen-30	Excedrin	Talwin
Ascriptin	Fiorinal	Tolectin
Aspergum	Ibuprofen	Toradol
Aspirin	Indomethacin	Trandate
Bayer Aspirin	Lodine	Trental
Bufferin	Measurin	Trialgesic
Cama Arthritis	Meclomen	Triaminicin
Celebrex	Midol	Vioxx
Cephalgesic	Midol PMS	Voltaren
Children's Aspirin	Mobegesic	Wesprin
Clinoril	Momentum Muscle	Zactin
Congespirin	Motrin	Zorpin
Coumadin	Naprosyn	***Accutane needs to be stopped for at least 3 months prior to your procedure date
Darvon Compound	Nuprin	
Darvon with ASA	Pabirin Tablets	

HERBAL MEDICINES, VITAMINS, AND FOODS TO AVOID:

<i>HERBAL MEDICATIONS</i>	<i>FOOD AND VITAMINS</i>
Astragalus (Huang-Q)	Garlic
Carnitine Chromium	Ginger
Citrimax (Garcinia)	Grapefruit Juice
Creatine	Lemongrass
Echinacea	Red Wine
Ephedra	Vitamin E
Ginkgo Biloba	
Ginseng	<p><i>***Drinks that contain any of the above products such as Sobe Beverages and should be avoided.</i></p>
Gotu Kola	
Licorice Root	
Kava (piper methysticum)	
L-Proline	
St. John's Wort	
Taurine	
Valeria	
Yohimbe (corynanthe yohimbe)	

What if it is not safe for me to stop my blood thinners?

Some patients cannot stop their blood thinners for 10 days. These include patients with some heart conditions or patients with a high risk of stroke. For those patients special arrangements will need to be made with Dr. Anzarut and his office. If you cannot safely come off blood thinners for the 10 days prior to the surgery please call Dr Anzarut as soon as possible to discuss alternative arrangements.

IV). DIET, HYGEINE, AND ACTIVITY AFTER YOUR PROCEDURE

1). DIET: There are generally no dietary restrictions following the procedure. Drink lots of fluid and maintain adequate protein intake for wound healing.

2). PERSONAL SKIN CARE:

- **Shaving:** do not shave any area with a suture post-operatively.

- **Sun Exposure:** The skin is sensitive to sunlight after surgery. Protect your incisions from excess exposure from the sun. Wear sun-screen (SPF-15 or greater) if you anticipate the incisions being exposed to sunlight. We usually recommend that sun precautions be carried out for at least *6-12 months post-operatively*.

3). PHYSICAL ACTIVITY: You should be able to get up out of bed on the night of, or morning after your surgery. Care should be taken when getting up at first, as you may be dizzy from the anesthesia or pain medications. You should have assistance in ambulating. Strenuous physical activity should be avoided for at least 2 (two) weeks depending on the procedure you have undergone. If you have had abdominal surgery, we suggest NO sit-ups or abdominal exercises for at least 6 (six) weeks post-operatively. If you have had breast surgery, we suggest that you always wear a supportive bra/sportsbra while exercising.

4). ACTIVITY AFTER HAND SURGERY: Hand surgery involves a complex routine of splinting and supervised therapy after surgery. Dr. Anzarut will provide specific instructions for splint you and therapy depending on the type of hand surgery being performed.

JP DRAIN CHART

only applicable to you if you have drains from your surgery site

A nurse will instruct you regarding the care for your drains. Please refer to the section “Home Care of JP Drain Tube”. Empty the fluid from your drains twice a day (at the same time each day) and record the fluid collection on the table below. Please bring this form with you on your first post-op appointment.

The fluid coming from the drains will initially be red (bloody) in color. Over the next few days post-operatively, the color of the fluid will change to become more straw colored.

Drains in the breasts usually remain in place for 2-4 days. This may vary however, depending on the volume of drainage from each drain. Abdominal drains generally stay in place for 7-10 days depending on the volume of drainage.

Date/Time	Drain #1	Drain #2	Drain #3	Drain #4	Drain #5	Drain #6

ACKNOWLEDGEMENT OF RECEIPT OF PRE-OPERATIVE PACKET

I have received a copy of the pre-operative instructions for my scheduled surgery. I understand that it is my obligation to be aware of the information contained therein. I understand that if I have any questions regarding pre-operative care, the Dr. Anzarut and his staff members are available to answer them.

Signature: _____

Date: _____