

Follow the instructions checked:

- Hand Surgery:** Scrub your hand with an antibacterial soap for several minutes the night before and the morning of your surgery. Trim your fingernails and scrub them with a nail brush. **Do not** wear rings, nail polish or artificial nails.
- Breast Surgery:** Do not shave for three days before your procedure. Shower the night before and the morning of surgery with an antibacterial soap. Wash your chest and underarms for several minutes. **Do not** put on jewelry, deodorant, powder or lotion.
- Head and Neck Surgery:** Wash your face and neck with antibacterial soap for several minutes the night before and the morning of surgery. Shampoo your hair. **Do not** wear any make-up or creams, as your face will be washed before facial surgery. Please **do not** wear jewelry or contact lenses.
- Other Surgery:** Wash your _____ with antibacterial soap for several minutes the night before and the morning of your surgery.

During Your Surgery

For surgery under local anesthesia:

- Your doctor will inject the area of your surgery with a local anesthetic. This will sting or burn for a short while. During the procedure, you will probably have a sensation of pressure rather than pain. Let the doctor know if you have pain; additional anesthetic can be given if needed.
- You will be awake during the procedure and aware of what is happening. If you have any questions or discomfort, tell your doctor or nurse.
- If you are having hand surgery, a tight blood pressure cuff may be put on your upper arm to help prevent bleeding. For some, this may be a little uncomfortable.

For surgery under sedation:

- An anesthesiologist will first assess you, then start an IV. You will be sleepy during surgery but easily awakened and able to report any discomfort to your doctor.

For surgery under general anesthesia:

- You will be assessed by an anesthesiologist and an IV will be started. You will be completely asleep for the procedure and you will be closely monitored.

After Your Surgery

After surgery, you will be given written and verbal instructions on how to care for your surgical site. An appointment for a follow-up visit will be made for you at this time.

Contact Information:

During office hours: 8:00 am - 5:00 pm, Monday - Friday, call **(603) 650-5148** for appointment or insurance questions.

Call **(603) 653-3903** for nursing questions.

On weekends or after hours: Call **(603) 650-5000** and ask the operator to page the plastic surgeon on call.

Prescription Line: (603) 653-3905

Renewal of narcotics may only be requested from 8:00 am to 4:00 pm, Monday through Friday. It is best to make your request two to three days before you run out of your medication, as it will take at least 24 hours for medication approval and nurse follow-up.

For a listing of providers, events, support groups and health information visit Dartmouth-Hitchcock.org

Manage your health online at myD-H.org

Dartmouth-Hitchcock Medical Center is a charitable organization and has a financial assistance policy.

DHMC is a Smoke-Free and Tobacco-Free campus.



Plastic Surgery
One Medical Center Drive
Lebanon, NH 03756-0001
(603) 650-5148

Preoperative Instructions for Plastic Surgery

You have been scheduled to have plastic surgery. Your surgery will be done at one of the following locations:

- **Minor Surgery Procedure Room** located within the 4M Plastic Surgery Clinic at reception desk 4L in the Faulkner building at DHMC.
- **CHaD Pain Free** on Level 5.
- **Same Day Surgery Department** on Level 4, reception desk 4W.
- **Outpatient Surgery Center** located on Lahaye Drive.

Name _____
Dr. _____
Surgery _____
Date _____



This brochure is provided to help make your surgical experience as easy for you as possible. If you have questions as you read this brochure, make sure to talk with your doctor about your concerns before you have your surgery.

Before Your Surgery

Illness:

During the week before your surgery, please call your doctor if:

- you feel ill or have a cold or fever
- you have a rash or breaks in your skin near the site of your surgery

Your doctor will decide if it is safe for you to have your surgery.

Allergies:

Be sure your doctor knows of any allergies you may have, especially a latex allergy.

Medications:

Let your doctor know about any prescription and over-the-counter drugs you are currently taking. The following is a general guide about common medications that may increase your risk of bleeding.

- **Aspirin: Do not** take aspirin (acetylsalicylic acid) or any product containing aspirin for fourteen (14) days before your surgery, unless otherwise advised by your doctor.

The following medications contain aspirin:

- | | |
|--|--|
| <input type="checkbox"/> Alka Seltzer® | <input type="checkbox"/> Empirin® |
| <input type="checkbox"/> Anacin® | <input type="checkbox"/> Excedrin® |
| <input type="checkbox"/> Ascriptin® | <input type="checkbox"/> Fiorinal® |
| <input type="checkbox"/> Bayer® | <input type="checkbox"/> Lortab® |
| <input type="checkbox"/> Bufferin® | <input type="checkbox"/> Pepto Bismal® |
| <input type="checkbox"/> Cope® | <input type="checkbox"/> Percodan® |
| <input type="checkbox"/> Darvon® | <input type="checkbox"/> Talwin® |
| <input type="checkbox"/> Dristan® | <input type="checkbox"/> Triaminicin® |
| <input type="checkbox"/> Ecotrin® | <input type="checkbox"/> Vanquish® |

- **Ibuprofen: Do not** take medications containing ibuprofen for fourteen (14) days before surgery, unless otherwise advised by your doctor. Ibuprofen may increase your chances of bleeding. Advil®, Aleve®, Celebrex®, Daypro®, Indocin®, Midol®, Motrin®, Naproxen®, Nuprin® and Toradol® are a few more medications that also increase your risk of bleeding.

- **Vitamin E, fish oil and herbals:** These supplements should be stopped fourteen (14) days before surgery.

- **Coumadin® and Plavix®:** Get specific instructions from your doctor if you take these medications.

- **Estrogen and Tamoxifen:** These medications may increase your chances of getting a blood clot after surgery. If you are at risk (have medical problems such as cancer, heart failure, or stroke; are overweight [BMI over 30]; are a smoker; have a family history of blood clots) you will be asked to stop these medications three weeks before surgery.

Medication for Pain:

If you need medication for pain, while stopping the medications listed previously, take Tylenol® (acetaminophen) or Extra-Strength Tylenol®. If you are in doubt about other pain medications, check with your doctor or pharmacist.

Smoking:

You should stop smoking at least four weeks before and for two weeks after surgery. Smoking can impair healing and increase your chance of an infection. Your urine may be tested for by-products of smoking prior to surgery.

Preparing For Your Surgery

- **To prepare for your surgery, please:**

- Drink four 16 ounce glasses of water a day for one week prior to your surgery and avoid alcohol.
- Wear comfortable, loose-fitting clothes that do not have to be put on over your head.
- Wash your surgical area with an antibacterial soap such as Dial® or Lever 2000®.
- If your surgeon feels that you may not be able to drive after your surgery, you will need to have someone to drive you home. If you do not bring a driver, your surgery will be cancelled.
 - ___ You need a driver
 - ___ You do not need a driver

- **If you are receiving only a local anesthetic:** You may eat your normal diet the day of your surgery.

- **If you are scheduled for CHaD Pain Free:** A nurse from CHaD Pain Free will review pre-op instructions with you the day before surgery. Generally, you will be asked not to eat or drink after midnight.

- **If your surgery is scheduled in the main operating room or at the Outpatient Surgery Center:** The Same Day Surgery Team will call you in the afternoon the business day before your surgery to give you instructions. Generally, you will be asked not to eat or drink after midnight.