

laura c. randolph, M.D.

Pre Surgery Preparation

DO NOT take aspirin or anti-inflammatory medications such as ibuprofen, Motrin, Aleve or Advil for 2 weeks prior to surgery. Resuming these medications postop is at the discretion of Dr. Randolph.

STOP taking vitamin E and fish oil supplements 2 weeks prior and 2 weeks after surgery. A multivitamin is fine as long as it has less than 400 IU per day.

TAKE all prescription medications with a small sip of water the morning of surgery unless instructed not to do so.

MAKE arrangements to have someone drive you to and from surgery and to your first initial office visit after surgery.

STOP smoking at least 6 weeks prior to surgery and 6 weeks after surgery. This includes nicotine patches and nicotine gum. Smoking and nicotine greatly increase your chance of complications.

ARRANGE for someone to stay with you and be your caregiver for the first 24-72 hours after surgery.

FILL your prescriptions before surgery. It is not necessary to bring them with you to the surgicenter unless instructed to do so.

SET UP a home recovery area with lots of pillows in a quiet area where you can rest. A recliner or lift chair is very helpful if you have one.

HAVE light foods on hand such as saltine crackers, protein shakes, soup, applesauce, jello, popsicles etc. Also have plenty of fluids available. Water, dilute fruit juice, Gatorade and caffeine free/herbal teas are good choices.

DO NOT eat or drink anything after 12:00 midnight. This includes water, candy and chewing gum. We suggest having a light dinner no later than 7pm the evening before your surgery to minimize the chance of nausea. Drinking plenty of water (64oz/day) or more for two days prior to your procedure may also reduce post op nausea.

WEAR only comfortable, loose fitting clothing that opens in the front to surgicenter. Slippers or slip on shoes are preferred. For patients having a tummy tuck a robe works nicely.

DO NOT wear make-up, jewelry, contact lenses or body piercings to the surgicenter.

SHOWER and wash your hair the morning of surgery if possible. Do not apply powder, lotion or deodorant after you shower.

laura c. randolph, M.D.