

Pt Name: _____ Chart# _____

Pt. DOB: _____ Pt.Tel.#: _____

Deirdre Rhoad, M.D.
Board Certified Plastic Surgeon

Surgical Procedure: _____

PreOp Day/Date/Time: _____

Surgery Day/Date/Time: _____

512-476-9149 Office
512-917-9287 Cell: ok to text

Location: _____

ALLERGIES: _____

MEDICATIONS: to be filled _____ days before surgery

Keflex/Cefalexin (antibiotic)

On the morning of surgery:

If you are having your procedure at the office, take 1 pill by mouth 2 hours before arriving at the office.

If you are having your procedure at the hospital, do not take any pills on the morning of surgery.

After surgery, take as written on the package or take 1 pill 4 times a day for 5 days.

Phenergan/Promethazine (for nausea) rectal suppository

On the morning of surgery:

If you are having your procedure at the office, insert 1 suppository in the rectum/anus 2 hours before arriving at the office.

If you are having your procedure at the hospital, do not take any pills on the morning of surgery.

After surgery, take as written on the bottle or insert 1 suppository rectally every 6 hours as needed for nausea.

Norco/Hydrocodone + Acetaminophen (for pain)

On the morning of surgery:

If you are having your procedure at the office, take 3 pills by mouth 1 hour before arriving at the office.

If you are having your procedure at the hospital, do not take any pills on the morning of surgery.

After surgery, take as written on the bottle or take 1 pill every 4-6 hours as needed for pain.

Valium/Diazepam (for anxiety/pain)

On the morning of surgery:

If you are having your procedure at the office, take 2 pills by mouth 1 hour before arriving at the office.

If you are having your procedure at the hospital, do not take any pills on the morning of surgery.

After surgery, take as written on the bottle or take 1 pill in the morning as needed for pain/anxiety.

Do not take Norco (pain pill) within 1 hour of taking Keflex/Cefalexin (antibiotic), as this may cause nausea

Bring your medications with you to the procedure

PHARMACY: _____ Location: _____ Phone: _____

WOUND CARE

- Clean 1 2 3 times a day with lukewarm water/saline solution/peroxide
- Apply Neosporin, Bacitracin or Polysporin antibiotic ointment to cleansed wound
- Cover with new dry gauze and secure
- Elevate injury
- Keep dressing in place, keep it clean and dry

DAILY ACTIVITY

- NO DRIVING for 24 hrs following surgery or while on medications
- Sedentary activity
- Avoid pulling, tugging or bumping of the area for 6 weeks
- Protect from sun exposure/tanning for 6 months to one year
- Resume LIGHT ACTIVITY at 2-3 wks from surgery date
- Resume STRENUOUS ACTIVITY at 6 wks with caution not to overdo it

DIET RESTRICTIONS

- No salty/spicy/greasy foods, no added salt
- No smoking or other nicotine products (including snuff, chew, patch, gum, etc)
- No alcohol
- No caffeine products (no coffee, chocolate, teas, sodas)
- Drink plenty of water!
- Avoid constipation – take a laxative (Colace or Milk of Magnesia) if necessary

SHOPPING LIST

- Gauze
- Tape
- Bacitracin Ointment or Neosporin Ointment
- Lacrilube or Refresh P.M. lubricant eye ointment
- Eye Irrigant
- Tucks
- Cold Compresses
- VitaMedica pack: Vitamin C, Arnica & Bromelain
- Scarguard, Kelocote
- Sunglasses/hat/scarf Transportation/Friend

PRECAUTIONS

No caffeine morning of surgery

Bring all your meds to surgery

- Sleep in an upright position
- Do not "test" your wound
- See Dr. Rhoad if you have any concerns or infections
- In case of emergency (increased pain or swelling, fever above 100F or excessive drainage), call Dr. Rhoad *immediately!*