

Surgery Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Post Op Date: \_\_\_\_\_ Time: \_\_\_\_\_

The following instructions should be followed closely except when overruled by specific procedural instructions. You must follow your surgeon's instructions as indicated for your specific surgery. Notify Dr. Chong of any unusual changes in your condition and feel free to call the office with any questions.

**\_\_\_\_ Two Weeks Prior to Surgery**

TRAVEL

- No airplane travel 72 hours prior to surgery.
- Shelter in place prior to and immediately following surgery; go out for work and essential services only.

MEDICATIONS

- It is absolutely necessary that all of your current medications be specifically cleared by Dr. Chong.** Please be sure to provide a list of all current medications and supplements – prescriptions, over-the-counter, and herbal (including edibles).
- Only acetaminophen products, such as Tylenol, should be taken for pain.
- Discontinue use of all blood-thinning medication and supplements products as advised by your operating surgeon. **DISCONTINUE USE 2 WEEKS PRIOR TO SURGERY AND 2 WEEKS AFTER YOUR SURGERY.**
- You will not begin taking your medications until after your surgery, but please do fill your prescriptions prior to your surgery so that they are available post-operatively as needed.

PREPARING FOR SURGERY

- Patients are required to stop smoking at least four weeks prior to your procedure. This includes, but is not limited to) cigars, vaping, hookah, smoking tobacco, and marijuana. This requirement is to mitigate any associated risks and to help ensure optimal wound healing.
- Make arrangements for someone to stay with you after your surgery. You should not be left alone. This is important because of the danger of falling and you may lose the concept of time for the day and overmedicate yourself.

TAKE NECESSARY STEPS TO REMAIN HEALTHY

- ✓ avoid groups and group activities, and maintain six feet distance from those who are not part of your immediate household;
- ✓ advise if you develop any of the following symptoms prior to/following surgery: extreme fatigue, cough, shortness of breath, fever, loss of taste;
- ✓ advise us if you have any contact with anyone who develops flu-like symptoms, or who tests positive for COVID-19.

**\_\_\_\_ Three Days Prior to Surgery (Breast & Body procedures only)**

- Bathe with Hibiclens unless contraindicated\* by nurse.  
\*Please advise your pre-op nurse of any previous allergic reactions to chlorhexidine.

**\_\_\_\_ The Night Before Your Surgery**

- The anesthesiologist will call you prior to the procedure to review medications, health history, and help answer any questions you may have.
- YOU ARE NOT ALLOWED TO HAVE ANYTHING TO EAT OR DRINK 8 HOURS PRIOR TO YOUR SURGERY.**

**\_\_\_\_ The Day of Your Surgery**

- No facial moisturizer, cosmetics, lotion, self-tanners, bronzers, deodorant etc. should be used on the morning of surgery. Eye Contacts should not be used. Wear glasses. Trim fingernails short and remove acrylic, gel, and nail polish. All jewelry, purses, and other personal belongings should be left at home.
- Loose, comfortable clothing should be worn to surgery. A zip up sweatshirt, elastic/draw-string pants, and slip on shoes is strongly recommended. Also please wear socks. **(No shoe laces, jeans, or tight fitted clothing)**
- You **MUST HAVE AN ADULT DRIVE YOU** home from the facility. You will not be allowed to drive yourself or use public transportation. **DO NOT DRIVE WHILE YOU ARE TAKING ANY PAIN MEDICATION.** Do not drive until instructed by Dr. Chong.

## After Your Surgery

- ❑ **YOU CANNOT BE LEFT ALONE.** The effects of anesthesia can persist for 24 hours. You must exercise extreme caution before engaging in any activity that could be harmful to yourself or others. After surgery you **MUST HAVE A RESPONSIBLE ADULT STAY WITH YOU** a minimum of 24 hours. The 24 hours begin when you are discharged from our office or hospital.
- ❑ You **MUST HAVE AN ADULT DRIVE YOU** to your one day post-operative appointment. You will not be allowed to drive yourself or use public transportation. **DO NOT DRIVE WHILE YOU ARE TAKING ANY PAIN MEDICATION.** Do not drive until instructed by Dr. Chong.
- ❑ Please avoid the use of alcoholic beverages for the first 24 hours (it dilates blood vessels and can cause unwanted bleeding) and for as long as pain medications are being used (dangerous combination).
- ❑ Stay hydrated: Six (8 oz.) glasses of clear liquids (Water, Propel, etc.), can help to rid the body of the drugs used in surgery.
- ❑ Diet may be as tolerated. BRATS diet = bananas, rice, applesauce, toast, soup. Eating is essential for wound healing as well as absorption of medications, so do try to resume a normal diet as soon as possible. Remember to take the medications with something to eat or you will get sick to your stomach. If food is well tolerated, eat more.
- ❑ Take only medications that have been prescribed by Dr. Chong for your postoperative care and take them according to the instruction on the bottle. Your pain medication may make you feel “spaced-out”; therefore, have someone else give you your medications according to the proper time intervals as directed by Dr. Chong.
- ❑ **No sleeping with any pets for 4 weeks.**
- ❑ After surgery it is important to have a bowel movement within a day or two. If you do not, you may take over the counter laxatives to encourage your bowels to move (Dulcolax, Milk of Magnesia, Senokot, Miralax, etc.).
- ❑ Minimal activity for the first 48 hours. No house cleaning, furniture rearranging, etc. Relax, be pampered, and let your body heal. Limit lifting, pulling or pushing for 10 days. Reserve your energy so that your body can focus on healing.
- ❑ **KEEP ALL DRESSINGS ON, CLEAN AND DRY.** Do not remove them until instructed to do so. There may be some bloody drainage on the dressings. If you have excessive bleeding or the bandages are too tight, call the office immediately.
- ❑ Do not manipulate your surgical sites or apply Betadine, Hydrogen peroxide, alcohol or antibiotic ointment. Your dressings are designed to be low-maintenance. It is not uncommon to experience some itching from the surgical scar approximately 5-7 days afterwards. This represents Histamine release from a healing wound and is only problematic if you scratch and cause an infection. Resist the urge to pick as it can result in infection, delayed wound healing, and unsatisfactory scars. The incision sites will be covered with paper tape (Steri-strips) which will stick even with daily showering. You may remove and replace them if they become excessively wet or soiled. Dressings may be removed by Post-op Day# 7. If you have any questions, please feel free to call the office.
- ❑ If you were instructed to ice, DO NOT ice directly on the skin or directly on the areolas / nipples. Ice for approximately 20min., rest for 20min and repeat continuously as needed. DO NOT ice if you had a breast lift.
- ❑ Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing period.
- ❑ Once cleared to SHOWER (2 days post-op) you may do so every day (Bath/Hot Tub require separate clearance).
- ❑ **NO SMOKING. Any cheating will delay healing.**
- ❑ You are requested to remain within a reasonable traveling distance of the office for approximately ten days.
- ❑ You may return to work when you feel able and are cleared to do so by your surgeon.
- ❑ Body positioning after surgery (Lounge chair position): we ask that the head of the bed be elevated 45 degrees. This requires two pillows behind your shoulders & head, and with a pillow under each elbow you will relax & stay in position.
- ❑ All surgeries involve some scarring, which can take up to a year to fade. Exposing red scars to the sun can cause permanent discoloration. For optimal healing, a good sunscreen (SPF 15 or higher) can help and will protect the surrounding tissues that might not feel a sunburn developing while the nerves are healing. Sunlight can even reach scars under a swimsuit, so always take adequate precautions.
- ❑ AVOID sports or strenuous activities for approximately 4-6 weeks or as Dr. Chong gives you clearance during your post-operative visits. This is to avoid any unnecessary complications (bleeding, bruising, and swelling). Request clearance for upper body movement, and restrict any weight lifting (do not exceed 5 lbs. for 2-3 weeks after surgery).
- ❑ **Call (949) 644-1400** if you have: **SEVERE PAIN** not responding to pain medication; **SWELLING** that is greater on one side than the other; incisions that are **RED OR FEVERISH**; a **FEVER**; or if any other questions or problems arise. **After regular office hours, please call (949) 644-1400 and follow the instructions to either call Dr. Chong, physician on call or to leave a voicemail.**

*I have read, understand and am willing to follow all post-operative instructions given to me by Lavinia Chong M. D. and Staff.*

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Witness: \_\_\_\_\_

