

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

- Please discuss any travel plans you have prior to and following surgery with the surgical team.
- You must discuss travel with the surgical team if traveling time exceeds more than 4 hours post-op.
- Blood clots in the lower extremities is a concern following surgery when traveling via airplane.
- Please make arrangements to stay in town and ensure ambulation depending on complexity of your surgery.

MEDICATIONS

- Only** acetaminophen products, such as Extra Strength Tylenol, should be taken for pain.
- Discontinue use of all blood-thinning medication and supplements (this includes all over the counter pain medication such as Advil, Ibuprofen, Motrin, Aleve, Naproxen, etc.) 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. Please pick up 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 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.

TAKE NECESSARY STEPS TO REMAIN HEALTHY

- ✓ 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)**

- Purchase Hibiclens (an antibacterial soap) from Walgreens/CVS/local pharmacy.
- 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 and Dr. Chong will call you the day before your 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 AFTER MIDNIGHT THE NIGHT BEFORE 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. Please leave eye contacts at home. 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. **(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 **MUST HAVE AN ADULT DRIVE YOU** to your day one post-operative appointment. You will not be allowed to drive yourself or use public transportation.
- ❑ 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 medications 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 and maintain a healthy, normal diet consisting of lean proteins 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, advance to normal diet as tolerated.
- ❑ Take only medications that have been prescribed by Dr. Chong for your postoperative care and take them according to the instructions 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.
- ❑ **Do not allow pets to sleep in your bed for at least 4 weeks post-op to prevent potential infections.**
- ❑ Do not engage in any intimacy near operative site for at least 4 weeks post-op or until cleared by Dr. Chong.
- ❑ After surgery it is important to have a bowel movement within a day or two. Post-op medications are very constipating. Pick up over the counter laxative (Dulcolax, Milk of Magnesia, Senokot, Miralax, etc.) to maintain regular bowel movements in post-top period.
- ❑ Minimal activity for the first 48 hrs. No house cleaning, furniture rearranging, etc. Relax, be pampered, and let your body heal. Limit lifting (nothing over 5 lbs), pulling/pushing for 10 days. Reserve 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 blood soaked dressings, call the office immediately.
- ❑ Do not manipulate your surgical sites or apply Betadine, Hydrogen peroxide, alcohol or antibiotic ointment. 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. Reapply clean gauze pads to incisions daily. Wash incisions with antibacterial soap at least once per day after you are cleared to shower.
- ❑ If you were instructed to ice, DO NOT apply 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 or face 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 (48 hour post-op) you may do so every day. Do not submerge incisions in baths/hot tubs until cleared to do so.
- ❑ **NO SMOKING. Any cheating will delay healing.**
- ❑ You are requested to remain within a reasonable traveling distance of the office for approximately three to ten days, depending on surgery performed.
- ❑ 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.
- ❑ 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 due to blunted protective sensation. Sunlight can even reach scars under a swimsuit, so always take adequate precautions.
- ❑ AVOID sports or strenuous activities for approximately 4-6 weeks or until cleared by Dr. Chong. This is to avoid any unnecessary complications (bleeding, delayed wound healing, infection, etc.). 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 HOT TO TOUCH**; a **FEVER (OVER 101)**; or if any other questions or problems arise. **After regular office hours, please call (949) 644-1400. Press 1 and # to leave a detailed message containing your name, concern, good number to reach you at. Dr. Chong will return your call as soon as possible.**

*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: \_\_\_\_\_

