



Preparing for Surgery

Disregard any information that you find on the internet and follow any specific instructions given to you by the surgery center or Dr. Truong. As always please contact our office with any questions that you may have.

Before Surgery

Please talk to your physician about any daily medications you currently are taking, especially for heart, diabetes or blood pressure problems. Be sure to mention any over the counter drugs such as aspirin, diet pills, Bufferin, Nuprin, Advil, Motrin, or Vitamin E. At your pre-op visit, you will receive instructions concerning which medication you should take the morning of surgery.

Alerts and Medications

1. You must not smoke, vape, or use a nicotine products **6-8 weeks** before and after all elective procedures unless specifically allowed by Dr. Truong.
2. **STOP** all Herbal Medications, Vitamin E, Fish Oil, Diet Pills, Multivitamins, and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn or Naproxen **7 to 10 days prior to surgery.**
3. If you take anticoagulants such as Aspirin, Warfarin, Coumadin, Plavix, Heparin, Ticlid or Lovenox, your primary care physician must be consulted before discontinuing prior to scheduling surgery.
4. **STOP** all Cholesterol lowering medications, Lipitor, Zocor, Pravachol, **48 HOURS PRIOR to surgery.**
5. If pain medication is needed prior to surgery, **Tylenol CAN BE USED** as necessary.
6. If you have any further questions regarding your medications, please call your surgeon's office.
7. If your health history changes or are placed on medications at anytime prior you your surgery, please notify this office.

Morning of Surgery:

Do NOT Take:

Diuretics or Water Pills or medications such as: BENAZEPRIL, CAPTOPRIL, ALAPRIL, QUINAPRIL DIABETIC PILLS OR INSULIN the morning of surgery. Your blood sugar will be checked at the surgical center prior to surgery and will be taken care of as needed.

Do Take:

You MAY TAKE any HEART MEDICATIONS or BLOOD PRESSURE MEDICATIONS the morning of surgery with a sip of water. Unless otherwise indicated by your physician.
You MAY ALSO USE PRESCRIBED INHALERS AND you MUST BRING THEM WITH YOU the day of surgery.

Transportation:

For your safety and protection, you will not be allowed to drive a motor vehicle when discharged. If your surgery involves a general anesthetic or other type of sedation, **please arrange for a responsible person to remain at the center during surgery and to stay with you the first night following surgery.**

Your surgery will be cancelled if there is no one to drive you home or stay with you the first night.

The night before surgery:

For your safety, please **DO NOT eat or drink anything (including water) after 12:00 midnight** the night before your surgery unless we tell you otherwise. This includes hard candy, gum, or prescription medications, (unless ordered by your physician). Bathe or shower the night before and the morning of surgery to minimize the chance of infection. Teeth may be brushed but DO NOT swallow water. Refrain from smoking for at least two weeks before your surgery.

When to notify your physician:

Contact your physician immediately If you cannot keep your scheduled appointment for surgery, or you notice the following, **if you suspect that you are pregnant or you experience any changes in your health such as a cough, fever, or a cold.**

DR. ANH-TUAN TRUONG
BREAST & BODY SPECIALIST | M.D. | F.A.C.S. | F.R.C.C.S.

Initial

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When to notify your physician:

Contact your physician immediately if you cannot keep your scheduled appointment for surgery, or you notice the following, **if you suspect that you are pregnant or you experience any changes in your health such as a cough, fever, or a cold.**

Breast Surgeries ONLY:

If you are having Breast Augmentation, Breast Mastopexy or Breast Reduction surgery, you will be responsible for purchasing a sports bra 1-2 sizes larger. **You will bring the bra with you the days of your surgery.** The best bra option to purchase is a bra that zippers in the front. You will be placed in this bra immediately after surgery.

Skin Preparation:

- **1 DAY BEFORE SURGERY**, your body must be thoroughly cleansed with **DIAL ANTIBACTERIAL SOAP** to decrease the amount of germs on the skin. Using this soap will help reduce wound infection after surgery. Lather the soap over your body, especially the surgical area(s). Rinse thoroughly because soap can leave a film, which may interfere with the antiseptics used in the operating room. Dry body with a clean, fresh towel. Wear clean, fresh pajamas to bed.
- **The morning of surgery: Repeat the steps listed for Skin Preparation**

Follow these instructions for proper skin preparation:

DO NOT: Shave the day of surgery to avoid small abrasions or nicks in the skin, which allows germs to enter. Shaving must be done the night before your surgery. **If there is hair on or near the area where your surgery is going to be performed, the hair must be removed at least 24 hours before your surgery. You may shave, wax, or thread.**

DO NOT: Use any creams, lotions, powders or underarm deodorant in the area where your surgery will take place. These items interfere with the solution used to prepare your skin in the operating room.

The day of surgery:

- Bring a **picture ID** and your insurance card and claim forms with you if applicable
- Arrange for cash or a check to be held by friends or family waiting for you in case a prescription needs to be written and filled at a nearby pharmacy before you are discharged. Leave your valuables, including jewelry and watches, at home
- Arrange for an interpreter to accompany you to the center if you do not speak English. This person should remain at the center until you are discharged
- Arrange for someone to stay with you and care for your children for 24 hours following surgery, as you could feel drowsy for that period of time
- **Please leave children not having surgery at home**
- Do not wear contact lenses, make-up, or nail polish
- If you are on medication, please bring your prescription with you along with the dosages
- Bring a copy of your lab work, EKG, chest X-ray if done outside of the surgery center Please bring with you any forms from your physician (if requested)
- Take any medication you have been told to take by the anesthesia provider or your surgeon
- Please bring with you any forms from your physician (if requested)
- It is recommended that you wear loose, comfortable clothing to the surgery Center the day of surgery. Wear something that is loose enough to fit over the operated site that may have bandages over it.
- For **OUTPATIENT SURGERIES**, you are **REQUIRED** to have a responsible person provide you with transportation after surgery and must stay with you 24 hours following your surgery. **You can not take the bus, taxicab, uber/lyft home alone.**

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When You Arrive

Please Arrive Promptly at the time that you were given by the surgery Center.

After you have registered at the reception desk, one of our nurses will spend time with you to answer any questions you might have and help with preparations for surgery.

Surgery times may change for various reasons. Please check with a nurse or receptionist if you have questions.

Your nurse will escort you to a dressing area where you may be asked to put on a special gown, cap and paper slippers. Your clothing and other personal belongings will be placed in a plastic bag that will remain with you. If you have not previously signed a consent form in your physician's office, you will be asked to do so at this time.

The Procedure Itself

Anesthesia:

An anesthesia provider who is highly qualified in all aspects of outpatient anesthesia will provide anesthesia service. Your anesthesia provider will evaluate you before surgery and answer any questions you may have. Be sure to talk to your anesthesia provider about any medications you are currently taking, even over-the-counter drugs. Your surgeon in consultation with the anesthesia provider will determine the appropriate type of anesthesia.

Recovery:

Immediately following surgery, you will be taken to our fully equipped recovery room where specially trained nurses will closely monitor your blood pressure and pulse. The amount of time you spend in recovery depends to a great deal on the type of surgery and/or anesthesia you have had. Some patients spend as little as 1/2 hour in the recovery room area; others spend 2 hours or more. Your surgeon and anesthesia provider will answer your questions regarding length of stay in the recovery area.

After Surgery:

For your safety and well being, you must have an adult family member or friend drive you home and remain with you after surgery. **We cannot permit you to leave unescorted.**

The medical staff will discharge you when they are assured you are in stable condition. HOWEVER, you may feel sleepy, slightly dizzy, or nauseated. These are possible (and normal) side effects of anesthesia and can last for 12-24 hours.

At Home After Surgery

- * We suggest that you eat lightly for the first 24 hours after your procedure.
- * **Be sure to follow any specific post-operative instructions** your physicians give you regarding diet, rest, activity and medication. The surgery center will provide you with a written summary of these instructions.
- * In addition, a member of our staff will call you the day after surgery to see how you are doing.

Dizziness and nausea are normal after receiving anesthetic; therefore, you should wait 24 hours after returning home to:

- Drive or operating equipment
- Sign important papers
- Make significant decisions
- Drink alcoholic beverages

If you have questions or concerns, please call our office at 312.846.1529

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