

# Salas Plastic Surgery

Pre-op Packet



To prepare you for your upcoming surgery, we recommend you read through this packet in its entirety. Hopefully, it will answer any questions you may have.

## ***Surgery Information***

Patient's Name \_\_\_\_\_ Surgery Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Surgery: \_\_\_\_\_ Admission: \_\_\_\_\_

Location: \_\_\_\_\_

*Saint Barnabas Medical Center* - 94 Old Short Hills Road, Livingston, NJ 07039  
(973) 322-5000

*Overlook Medical Center* - 99 Beauvoir Avenue, Summit, NJ 07901  
(908) 522-2000

*Morristown Medical Center* - 100 Madison Avenue, Morristown, NJ 07960  
(973) 971-7557

*Short Hills Surgery Center* - 187 Millburn Ave, Millburn, NJ 07041  
(973) 671-0555

*Manhattan Eye, Ear & Throat Hospital* - 210 E 64th St, New York, NY 10065  
(212) 838-9200

Please note: the facility you are scheduled to have your surgery at will contact you the day before surgery to confirm the exact time of your surgery and specific location.

## ***Pre-admission Testing***

Pre-admission testing needs vary from patient to patient. Attached to this packet are your prescriptions for your required testing. All facilities have their own PAT departments that you are welcome to use. Since these testing centers are aware of your upcoming procedures, they are more likely to schedule you and send results in a timely manner. You are also free to go to your primary care doctor or another facility that is covered by your insurance if we receive the results 72 hours before your surgery date. The following are general instructions. Please know that **you may not need to obtain all of the following.**

**Bloodwork** (CBC, CMP) - Most surgery centers require this. These results must be within 30 days of your scheduled procedure.

**Medical Clearance** - If you have a chronic health condition (e.g., heart failure, kidney disease, etc.) or are currently under a doctor's care, you will have to obtain medical clearance from your

primary doctor or main specialist. You should schedule this appointment with your doctor as soon as possible.

- EKG - Valid for 6 months before surgery
- Additional Imaging - Additional imaging may need to be done. Specific instructions will be given to you if needed.

❖ COVID- 19 Testing

All patients are required to have COVID-19 PCR testing done 3 Days prior to surgery. Failure to do so will result in your surgery being cancelled.

Your surgery is currently scheduled for \_\_\_\_\_ at \_\_\_\_\_

You should expect to be COVID-19 tested on \_\_\_\_\_ at \_\_\_\_\_

This is by:    Appointment Only                      Walk In

Please expect a call from the testing location to schedule your appointment. If you have not received a call 1-2 days before your expected testing date you may call this number for more information:

\_\_\_\_\_

***COVID Precautions***

To reduce the spread of COVID-19 all facilities require you to adhere to strict self-quarantine regulations. This involves staying at home, practicing social distancing, regularly washing your hands, and disinfecting physical surfaces.

These precautions must begin 1 week prior to your scheduled procedure. If you have any COVID-19 like symptoms, please inform our office.

***Medications***

We recommend all prescriptions be filled before your scheduled surgery. Antibiotics are to be taken **AFTER** your surgery. Please accurately inform our medical assistant of all prescription medications, OTC drugs and supplements you take during your preop appointment.

If you have been given opioid pain medications, please be aware that a common side effect is constipation. Taking a stool softer while taking this drug is recommended. Prolonged Opioid use may also lead to addiction or dependence.

We recommend patients taking birth control discontinue its use 7-10 days before surgery as this can increase your chances of developing a blood clot. Birth control pills may also not be effective while you are taking antibiotics.

***Supplements to Be Discontinued***

The “natural products” listed below may be beneficial for a variety of ailments, but Their use around the time of surgery is undesirable. Therefore, it is advisable to stop taking these products TWO WEEKS prior to surgery and following surgery. Please Discontinue

**Bilberry** (*Vaccinium myrtillus*) – Has antiplatelet activity and may inhibit clot formation.

**Cayenne** (*Capsicum annum*) – Overdose may cause severe hypothermia.

**Dong Quai** (*Angelica sinensis*) – Active constituent is coumarin derivatives, which may potentiate existing anticoagulant medications.

**Echinacea** (*Echinacea augustifolia*) – May impact the liver when general anesthetic or certain other medications such as anabolic steroids or methotrexate are used.

**Feverfew** (*Tanacetum parthenium*) – May increase bleeding, especially in patients taking certain anti-clotting medications.

**Fish Oil Capsules** – Has blood-thinning properties.

**Garlic** (*Allium sativum*) – May augment effects of Coumadin, warfarin, and NSAIDs, causing abnormal bleeding time.

**Ginger** (*Zingiber officinale*) – May alter bleeding time and interfere with cardiac and anticoagulant medications.

**Ginkgo Biloba** – Anticoagulant activity is 3X stronger than vitamin E.

**Ginseng** (*Panax ginseng*/*Panax quinquefolium*) – Anticoagulant may interact with cardiac, hypo/hypertensive medications and hypoglycemic agents.

**Hawthorne** (*Crataegus laevigata*) – Potentiates the actions of digitalis and other cardiac glycosides.

**Kava Kava** (*Piper methysticum*) – May potentiate CNS effects of barbiturates, alcohol, antidepressants, antipsychotics, and general anesthetics.

**Licorice Root** (*Glycyrrhiza glabra*) – May cause high blood pressure, hypokalemia, and edema.

**Ma Huang** (*Ephedra sinica*) – Causes hypertension, tachycardia, cardiomyopathy, and cardiac dysrhythmia.

**Melatonin** – May potentiate CNS effects of barbiturates and general anesthetics.

**Red Clover** (*Trifolium pretense*) – May potentiate existing anticoagulant medications.

**St. John's Wort** (*Hypericum perforatum*) – Can interact with MAO inhibitors and other antidepressants. Many other drug interactions reported.

**Valerian** (*Valeriana officinalis*) – May increase effects of sedative hypnotics.

**Vitamin E** – Anti-clotting benefits can prolong bleeding time.

**Yohimbe** (*Corynanthe yohimbe*) – Increases the potency of anesthetics

### ***Medications to Be Discontinued***

Advil	Darvon Compound	Momentum Muscular Backache
Alka-Seltzer	Darvon Compound – 65	Formula
Alka-Seltzer Plus	Darvon N with A.S.A.	Motrin
Anacin	Darvon N with A.S.A. Pulvules	Mysteclin F
Anaprox	Di-Gesic	Nalfon
Anadynos	Disalcid	Naprosyn
Ansaid	Dolobid	Naproxen
A.P.C.	Dolprin	Neocylate
Argesic	Dristan	Nicobid
Arthropan liquid	Durasal Tablets	Norgesic
Arthritis Pain Formula	Easprin	Norgesic Forte
Arthritis Strength Bufferin	Ecotin	Nuprin
A.S.A.	Efficin	Oraflex
A.S.A. Enseals	Elavil	Pabalate-SF
Ascriptin	Emagrin	Pamelor
Ascriptin A/D	Emprazil	Parnate
Ascriptin with Codeine	Empirin with Codeine	Pepto-Bismol Tablets
Ascriptin Extra strength	Encaprin	Pepto-Bismol Suspension
Asperbuf	Endep	Percodan
Aspergum	Equagesic Tablets	Percodan Demi Tablets
Aspirin	Etrafon	Persantine
Atromid	Excedrin	Persistin
Axotal	Feldene	Phentermine
Azolid	Fiorinal	Phenylbutazone
Bayer Aspirin	Fish Oil	Ponstel
Bayer Aspirin Maximum	Flagyl	Propoxyphene Compound 65
Bayer Children's Aspirin	Flexeril	Robaxisal
Bayer Children's Cold	Four-Way Cold Tablets	Rufen
Bayer Time-Release Aspirin	Gaysal-S	Ru-Tuss
B.C. Tablets and Powder	Gelprin	S.A.C.
Buff-a-Comp	Gemnisin	Saleto
Buff-a-Comp No. 3	Goody's	Salocal
Bufferin Arthritis Strength	Ibuprofen	Sine Aid
Bufferin Extra Strength	Indocin	Sine-off Sinus Medicine
Bufferin with Codeine N0.3	Indomethacin	Sinutab
Buffets II	Lanorinal	SK-65 Compound
Buffinol	Lioresal	Stanback
Buf-Tabs	Lortab	Stendin
Butazolidin	Magan	St. Joseph's Aspirin for
Cams Arthritis Pain Reliever	Magsal	Children
Carisoprodol	Marnal	St. Joseph's Cold Tablets
Cheracol Capsules	Maximum Bayer Aspirin	Sulindac
Chlortrimeton	Measurin	Surmontil
Clinoril	Medomen	Synalgos
Congesprin Chewable	Methcarbamol with Aspirin	Tagamet
Cope Tablets	Micrainin	Talwin Compound
Cosprin Tablets	Mobidin	Tenuate Dospan
CP-2 Tablets	Midol	Tetracycline
Damason-P	Mobigesic	Tolectin
		Tolmetin
		Triaminicin
		Triavil
		Trigesic
		Trilisate Tablets and Liquids
		Uracel
		Vanquish
		Verin
		Vibramycin
		Vitamin E
		Voltaren
		Zomax
		Zorprin

### ***Garments (if needed)***

Your procedure **may** require you to wear a compression garment. Most surgeries require a compression garment for a minimum of 6 weeks to prevent fluid accumulation.

If you are having a cosmetic procedure, we will order one garment for you. If you require a garment for a medical procedure you will have to order it. We will provide you with the measurements, website, and model # to order. Make sure you have this before your scheduled surgery.

### ***Pictures and Media Consents***

Expect to have pictures taken at your Pre-op appointment. This helps us compare your before and after results.

Some of our patients have allowed us to use these images and some additional surgical content for social media. Please be aware that we will not post any of your pictures without first obtaining your permission and consent. Those who do consent to this should know that we take the privacy of our patients very seriously. We never disclose your name and do our best to maintain anonymity. For samples of how we display these images, visit our Instagram page @salasplasticsurgery.

We do thank those of you who allow this, as it helps to display our work and provides education on our offered procedures.

### ***Bowel Prep (if needed)***

If you are having abdominal surgery Dr. Salas recommends taking a bowel prep the day before. This is to prevent any straining after surgery. These instructions will be provided to you *only if needed*.

### ***Two Weeks Before Surgery***

Discontinue any medications mentioned above or as directed by Dr. Salas.

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Discontinue smoking.

Make sure all PAT is done or scheduled.

Order garment if needed.

### ***One Week Before Surgery***

Begin self-quarantine guidelines. Inform us if you have been in close contact with someone who tested positive for COVID-19.

### ***The Day Before Surgery***

Inform us of any cold or flu like symptoms.

You should expect a call from your facility the day before surgery. They may give you additional instructions and confirm your arrival time for the next day.

Make sure to confirm arrangements to have someone drive you to your appointment. If you are leaving the same day, you will also need to have someone accompany you after surgery. You will not be permitted to drive that day.

Do not have any food or drink by mouth after midnight the night before your scheduled surgery. Make sure all prescriptions are filled.

### ***The Day of Surgery***

DO NOT have anything to eat or drink. Routine heart, blood pressure or thyroid pills may be taken the day of surgery with a sip of water.

Do not wear makeup, jewelry or cream the day of surgery. Do not bring any valuables with you the day of surgery.

### ***What to Expect Post-Op***

Schedule your post op appointment with us for Dr. Salas' next office date. At Salas Plastic Surgery we offer a variety of surgical procedures that may require specific post-op instructions. In general, though you can expect to feel some soreness and fatigue.

We recommend you stay well hydrated. Gatorade is an excellent fluid replacement. Keep the surgical area completely dry unless otherwise directed. Additional instructions will be given to you at your follow up appointment.

If you are experiencing a post-op fever, please contact the office.

If you have any additional questions, please feel free to email [\*\*sabrina@drsaldas.com\*\*](mailto:sabrina@drsaldas.com).



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*[www.drsaldas.com](http://www.drsaldas.com)*