



# The Institute

for Advanced Reconstruction



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732-741-0970



848-800-8650

## SURGICAL PRE-OPERATIVE INSTRUCTIONS

Please review the following instructions to help prepare you for your upcoming surgical procedure. The following guidelines will help reduce the risk of complications, allow anesthesia and the surgical team to care for you safely, prevent delays or cancellations, and support optimal recovery.

### Confirm Your Surgery

- Verify your surgery date and arrival time with your surgeon's scheduling team.
- You will receive a phone call from the facility the day before your procedure to confirm the time and location of your surgical procedure.
- Arrange for a responsible adult to drive you home and stay with you for 24 hours if you are receiving anesthesia or sedation.

### Fasting Instructions

- Do not eat or drink anything after midnight before your surgery unless instructed otherwise. This includes water, gum, candy, or mints.
- Please be sure to hydrate yourself and eat small frequent meals throughout the day before your procedure.
- If instructed to take medications, take them with a small sip of water only.

### Health Changes

Changes in your health can affect how your body responds to surgery and anesthesia. Letting us know ahead of time helps us to keep you safe and determine whether your surgery should proceed as planned. Please notify our office before surgery if you develop:

- Fever, cold, cough, or flu-like symptoms
- Infection or open wounds
- Any new medical concerns

### Personal Preparation

- Shower the night before or the morning of the surgery. Do not wear makeup, lotion, perfume, or deodorant. Wear comfortable, loose-fit clothing.
- Remove jewelry, piercings, contact lenses, dentures, and nail polish/artificial nails.
- On the day of surgery, be sure to bring your photo ID and insurance card, list of medications, and any required paperwork or forms.

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## Medications

You will be asked to complete a Pharmacy and Medication Summary form and return it to our office before your procedure. Please complete the form to the best of your ability providing a complete and accurate list of all of your current medications including prescription medications, over-the-counter drugs, vitamins, and supplements. Some medications can affect bleeding, blood sugar, blood pressure, or how your body responds to anesthesia. Providing your medication information allows our team to carefully review your medications and give you specific instructions to ensure your safety.

Follow all instructions from your prescribing provider regarding medications, especially:

- Blood thinners (such as aspirin, Eliquis, Lovenox, or similar medications), which may need to be stopped prior to surgery to reduce bleeding risk.
- Diabetes medications or insulin, which may be adjusted due to fasting.
- Blood pressure medications including ACE Inhibitors (e.g. Lisinopril, Enalapril) and ARBs (e.g. Losartan, Valsartan). Your prescribing provider will give you specific instructions if you need to stop or adjust these medications.

Your post operative medications will be sent to your pharmacy on file. Please make sure to pick up your medications before surgery. These medications are to be started after your surgery and typically include a prophylactic antibiotic, an anti-emetic, and pain medication. Be sure to complete the full course of antibiotics provided. If you are taking narcotic medication, please do not operate heavy machinery, drive, or drink alcohol.

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## Smoking, Tobacco Use, and Vaping

For your safety and to support proper healing, it is very important to stop smoking before and after your surgery. Smoking, vaping, and nicotine use can increase the risk of breathing problems during surgery, reduce oxygen levels in your blood, delay wound healing, and increase the risk of infection or complications.

Before surgery be sure to stop smoking at least 2-4 weeks before surgery, or as directed by your provider. Do not smoke or vape on the day of surgery. Avoid all nicotine products including cigarettes, cigars, chewing tobacco, e-cigarettes, vaping devices, and nicotine gum, patches, or lozenges.

After surgery do not smoke or use nicotine products for 2-4 weeks after surgery, or as instructed. Avoiding nicotine during recovery helps your body heal faster and lowers your risk of complications.



## After Surgery

After your procedure, it is normal to feel sleepy, tired, or slightly nauseated. These effects are temporary and should improve as the anesthesia wears off. Rest for the remainder of the day after surgery. Have a responsible adult stay with you for 24 hours if you received anesthesia or sedation. Do not drive, operate heavy machinery, or make important decisions for 24 hours.

Keep the surgical area clean and dry. Your surgical team will review specific instructions for dressing changes. Do not remove dressings unless instructed by the provider.

You may shower 48 hours after your procedure unless directed by your provider. Avoid baths, hot tubs, or swimming pools until your provider confirms it is safe, as this can increase the risk of infection.

Mild to moderate pain and swelling are normal. If recommended, elevate the affected area as advised or apply ice packs 15-20 minutes at a time to help with swelling. Do not place ice directly on the skin, use a thin cloth or towel as a barrier.

Constipation is common after surgery, especially when taking pain medications, with decreased activity, and changes in diet. Drink plenty of fluids to stay hydrated and avoid heavy, greasy, or spicy foods initially. Include high fiber foods in your diet such as fruits, vegetables, and whole grains. Stay as active as possible as recommended by your provider. Stool softeners or gentle laxatives may be advised to help prevent discomfort and staining.

### When to Call Our Office

Contact us right away if you experience:

- Fever over 101°F (38.3°C)
- Severe or worsening pain not relieved by pain medication
- Excessive bleeding or swelling
- Redness, warmth, or drainage from surgical site
- Persistent nausea, vomiting, or diarrhea
- Inability to pass bowel movement within 3-5 days after surgery
- Inability to urinate for an extended period
- If you experience any shortness of breath, calf pain, or chest pain call the office immediately

When in doubt, call your provider. Contact the office at 732-741-0970 to speak with a nurse. Early communication helps prevent complications and ensures a safe recovery.

**Patient Name:** \_\_\_\_\_

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



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