KANSAS PLASTIC SURGERY

PRE-OPERATIVE INSTRUCTIONS

- Nothing to eat or drink for 8 hours prior to surgery check in time.
- Patients must have their photo ID and insurance card (if applicable) for admission to the surgery center.
- Patients must have an adult drive them home from surgery. It would be appropriate to have someone stay with them for 24 hours after general anesthesia.
- If the patient has a significant cardiac history (stent placement, cardiac bypass, active chest pain or history of MI) a cardiac clearance from the patient's cardiologist will need to be obtained prior to surgery. Pacemakers must be interrogated and passed within the last 30 days.
- If the patient has any significant medical history such as COPD, seizures, kidney failure, etc. a medical clearance may need to be obtained prior to surgery.
- If the patient is on any diuretics or digoxin, lab work will be needed. Lab should be drawn within 30 days of surgery.
- Patients may take specific blood pressure medication, seizure or Parkinson's medications (see medication recommendation form) the morning of surgery with a "sip" of water.
- Diabetic patients need to take only ½ of their evening dose of insulin the night before surgery. Hold the morning dose of insulin on the day of surgery. May resume normal dosing of insulin following surgery.
- Patients taking GLP-1 Agonists (Ozempic, Wegovy, Rybelsus, Trulicity, Mounjaro, etc) will need to be off of their medication for a minimum of 2 weeks prior to surgery.
- If the patient uses a CPAP machine for sleep apnea, they need to bring their machine with them the day of surgery.
- Patients with a blood relative with positive Malignant Hypothermia history will need to have an anesthesia clearance prior to surgery.

If there are any concerns, please contact Kansas Plastic Surgery at (316) 305-9618 or contact the surgery center pre-operative nursing staff where your surgery is to be performed.

KANSAS PLASTIC SURGERY

PRE-OPERATIVE MEDICATION/NICOTINE ACKNOWLEDGEMENT

To prevent surgical and post-operative complications as well as the risk of surgery being cancelled, please read the following information carefully.

• **GLP-1 Agonists/SEMIGLUTIDES: OZEMPIC, WEGOVY, RYBELSIS, TRULICITY, MOUNJARO, ETC. MUST STOP TAKING AT LEAST 15 DAYS PRIOR TO SURGERY OR CASE WILL BE CANCELLED.**

• **Aspirin/Ibuprofen products:** Stop taking 1 week prior to surgery • May resume 24 hours after surgery.
• **Anticoagulants (coumadin/warfarin):** Consult with your prescribing physician about stopping/ resuming
• **Xarelto**: Stop taking 2 days prior to surgery
• **Plavix:** Stop taking 10 days prior to surgery
• **Vitamin E and Fish oil:** Stop taking 2 weeks prior to surgery • May resume 24 hours after surgery.
• **Phentermine/Diet Pills:** Stop taking 2 weeks prior to surgery • May resume after surgery.
• **MAO Inhibitors (Marplan, Parnate, Eutran, Nardil, Eutonyl, Eldryl):** Stop 2 weeks prior to surgery.
• **All Herbal Products:** Stop taking 2 weeks prior to surgery.
• **Ginkgo Biloba:** Stop taking 3 weeks prior to surgery.

MEDICATIONS TO AVOID TAKING THE DAY OF SURGERY

• **Anti-anxiety, anti-depressants** • **ACE inhibitors for blood pressure** (Benazepril, Captopril, Enalapril, Fosinopril, lisinopril, meoxipril, perinodopril, Quinalpril, Ramapril, Trodanlapril)
• **ARB Medications for blood pressure** (Losartan, Benicar, Micardis, Diovan, Azilsartan, Candesartan, Eposartan, Irbesartan).

MEDICATIONS TO TAKE DAY OF SURGERY WITH A SIP OF WATER

• **Beta Blockers** (Metoprolol, Atenolol, Carediol, Propanolol, Labetalol, Bisoprolol, Bystolic, Betapace, Corgard)
• **Antiepileptic Medications** (Keppra, Phosphatonins, Carbamezepine, Depakote).
• **Parkinsons Medications** (Carbidopa, levadopa).

!!!!SMOKING CIGARETTES/MARIJUANA/VAPES AND USE OF NICOTINE/THC PRODUCTS ALERT!!!!!

Use of these products causes constriction of blood vessels and decrease blood flow to surgical wounds. Marijuana/THC effects are 10 times stronger than that of nicotine. These can cause long-term wound healing problems, tissue death, increased infection rates and poor scarring. We encourage all patients having any surgical procedure to stop these products at least three weeks prior to and after your surgical procedure to promote wound healing. **Patients scheduled to have facelift, tummy tuck, arm lift, thigh lift, breast lift, breast reduction and breast reconstruction are required to stop the use of these products four weeks before and after surgery.**

Tylenol/Acetaminophen and Tylenol containing products are ok to take prior to surgery •

Please contact our office at 316-305-9618 if you have any questions regarding your medications.

Patient Signature: _____ Date: _____

KANSAS PLASTIC SURGERY

The following <u>MUST</u> be completed to proceed with surgery:

- ➔ For Cosmetic Surgeries, the full balance must be paid in full at least two weeks before surgery date.
- ➔ All informed consents for scheduled procedures must be signed and returned two weeks prior to surgery. **<u>Every page must be signed to be complete.</u>**

If these actions are not completed, surgery will be postponed to a later date or canceled.

For questions or concerns, please call the office at 316-305-9618

Thank you!