PREPARING FOR SURGERY

STARTING NOW

- STOP SMOKING: Smoking reduces circulation to the skin and impedes healing, resulting in higher risk of complications. You must stop at least 6 weeks before surgery and 6 weeks after surgery.

- TAKE MULTIVITAMINS WITH MINERALS: Start taking 1 multivitamin with minerals daily to improve your general health once you have scheduled your surgery and for 6 weeks after surgery.

- TAKE VITAMIN C: Start taking 500 mg of Vitamin C twice daily to promote healing.

- DO NOT TAKE ASPIRIN OR IBUPROFEN: Stop taking medications containing aspirin or ibuprofen at least 2 weeks prior to surgery and for 4 weeks after surgery. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).

- STOP TAKING ALL FEMALE HORMONES (INCLUDING BIRTH CONTROL): You must stop taking all female hormones (including Birth Control) for at least 2 weeks before surgery and for 6 weeks after surgery.

- LIMIT VITAMIN E: Limit your intake of Vitamin E to less than 400 mg per day.

- Stop taking all HERBS AND DIET PILLS and all other over the counter nonprescription drugs at two weeks prior to surgery. These can affect wound healing and/or cause bleeding.

- BRING ALL YOUR MEDICATION WITH YOU You will be given prescriptions for medications. Please have them filled BEFORE the day of surgery and bring them with you.

THE DAY BEFORE SURGERY

- CONFIRM SURGERY TIME: We will call you to confirm the time of your surgery. If you are not going to be at home or at your office, please call us to confirm at (361) 881-9999.

- BRING ALL MEDICATION WITH YOU Make sure that you have filled the prescriptions you were given and set the medications out to bring with you tomorrow.

- CLEANSING: The night before surgery, shower and wash the surgical areas with Dial soap.

- NOTHING TO EAT OR DRINK AFTER 12:00 MIDNIGHT Do not eat or drink anything after 12:00 midnight. This includes water. Do not have breakfast the morning of surgery. Your stomach needs to be empty.

THE MORNING OF SURGERY

- SPECIAL INFORMATION: Do not eat or drink anything! NO BREAKFAST; NO COFFEE. If you take a daily medication, you may take it with a sip of water in the early morning. We will need to have a urine sample when you arrive at the office. Try not to empty your bladder so that we can have that sample from you as soon as you arrive.

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■ ORAL HYGIENE: You may brush your teeth but DO NOT SWALLOW WATER.

■ CLEANSING: Shower and wash the surgical areas again with Dial soap.

■ MAKE-UP: Please do not wear moisturizers, creams, lotions, or makeup.

■ CLOTHING: Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.

■ DO NOT TAKE THE ZOFTRAN (RX) UNTIL you have arrived at the office and you have been advised to do so.

■ CHECK IN/PREPARATION: Surgery Time:

Report to A Better You Cosmetic Surgery Center on with your prescribed medications. If you are the first case of the day (8:00a.m.), you should plan to arrive at 7:45a.m. For those of you to follow at a different time, please contact the office for further instructions on what time to arrive at our office. If you have not been told a specific time, please be here one hour prior to your surgery time. Patients less than 18 years old must be accompanied by a parent or legal guardian.

■ Someone must be with you and must stay at our center the entire time during your surgery. Someone must also stay with you to assist you during your first 24 hours postoperative.
Medications to Avoid Before and After Surgery

Foods and food supplements (with blood-thinning effects): nattokinase, lumbrokinase, beer, bilberry, celery, cranberries, fish oil, garlic, ginger, ginkgo, ginseng, green tea, horse chestnut, licorice, niacin, onion, papaya, pomegranate, red clover, soybean, St. John's wort, turmeric, wheatgrass, and willow bark.

Foods and supplements (with clotting effects): alfalfa, avocado, cat's claw, coenzyme Q10, and dark leafy greens such as spinach. Their intake should be avoided if you have been prescribed anticoagulant drugs such as Lovenox.

Grapefruit interferes with some anticoagulant drugs, increasing the amount of time it takes for them to be metabolized out of the body, and so should be eaten only with caution when on anticoagulant drugs.

If you are taking any medications on this list, they should be discontinued 10 days prior to surgery and only Tylenol should be taken for pain. All other medications that you are currently taking must be specifically cleared by your doctor prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your doctor.

Aspirin Medications to Avoid

| 4-Way Cold Tabs                          | 5-Aminosalicylic Acid                          | Acetylsalicylic Acid |
| Adprin-B products                       | Alka-Seltzer products                          | Amigesic             |
| Anacin products                         | Anexsia w/Codine                                | Argesc-SA            |
| Arthra-G                                 | Arthriten products                              | Arthritis Foundation products |
| Arthritis Pain Formula                  | Arthritis Strength BC Powder                    | Arthropan            |
| ASA                                      | Asacol                                          | Ascriptin products   |
| Aspergum                                 | Asprimox products                               | Axotal               |
| Azdone                                   | Azulfidine products                             | B-A-C                |
| Backache Maximum Strength Relief        | Bayer Products                                  | BC Powder            |
| Bismatrol products                      | Buffered Aspirin                                | Bufferin products    |
| Buffets 11                              | Buffex                                         | Butal/ASA/Caff       |
| Butalbital Compound                     | Cama Arthritis Pain Reliever                    | Carisoprodol Compound|
| Cheracol                                 | Choline Magnesium Trisalicylate                 | Choline Salicylate   |
| Cope                                    | Coricid                                        | Cortisone Medications|
| Damason-P                                | Darvon Compound-65                             | Darvon/ASA           |
| Dipentum                                 | Disalcid                                        | Doan's products      |
| Dolobid                                  | Dristan                                         | Duragesic            |
| Easprin                                  | Ecotrin products                                | Empirin products     |
| Equagesic                                | Excedrin products                               | Fiorgen PF           |
| Fiorinal products                       | Gelpirin                                       | Genprin              |
| Gensan                                   | Goody's Extra Strength Headache Powders         | Halfprin products    |
| Isolly Improved                         | Kaodene                                        | Lanorinal            |
| Lortab ASA                               | Magan                                          | Magnaprin products   |
| Magnesium Salicylate                    | Magsal                                         | Marnal               |
| Marthritic                               | Meprobamate                                     | Mesalamine           |
| Methocarbamol                            | Micrainin                                       | Mobidin              |

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Medications to Avoid Before and After Surgery

Mobigesic
Night-Time Effervescent Cold
Olsalazine
Pabralate products
Panasal
Perconad products
Propoxyphene Compound products
Roxeprin
Salicylate products
Scot-Tussin Original 5-Action
Sodium Salicylate
St. Joseph Aspirin
Suprax
Triaminicin
Tussanil DH
Vanquish
Zorprin

Momentum
Norgesic products
Orphenegesic products
P-A-C
Pentasa
Phenaphen/Codeine #3
Robaxisol
Saelto products
Salsalate
Sine-off
Sodol Compound
Sulfasalazine
Synalgos-DC
Tricosal
Tussixre products
Wesprin

Mono-Gesic
Norwich products
Oxycodone
Pain Reliever Tabs
Pepto-Bismol
Pink Bismuth
Rowasa
Salflex
Salsitab
Sinutab
Soma Compound
Supac
Talwin
Trilisate
Ursinus-Inlay
Willow Bark products

Ibuprofen Medications to Avoid

Acrular (ophthalmic)
Anaprox products
Clonixil
Dimetapp Sinus
Feldene
Genpril
Ibuprin
Indocron E-R
Ketoprofen
Meclofenamate
Menadol
Nabumetone
Naprosyn products
Nuprin
Oruvail
Ponstel
Rhinocaps
Suprofen
Toradol

Advil products
Ansaed
Daypro
Dristan Sinus
Fenoprofen
Haltran
Ibupren
Indocin products
Ketorolac
Meclomen
Midol products
Nalfon products
Naprox X
Ocufen (ophthalmic)
Oxaprin
Profenal
Sine-Aid products
Tolectin products
Voltaren

Other Medications to Avoid

A.C.A.

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Medications to Avoid Before and After Surgery

Accutrin  Anactif
Anisindione  Anturane
BC Tablets  Childrens Advil
Contac  Coumadin
Dicumeral  Dipyridamole
Emagrin  Enoxaparin injection
Fragmin injection  Furodantin
Heparin  Hydrocortisone
Lovenox injection  Macrodantin
Miradon  Opasal
Pentoxifylline  Persantine
Prednisone  Protamine
Ru-Tuss  Salatin
Sofarin  Soltice
Stelazine  Sulfipyrazone
Tenuate Dospal  Thorazine
Ticlopidine  Trental
Vibranycin  Vitamin E

Tricyclic Antidepressants Medications to Avoid

Adapin  Amitriptyline
Anafranil  Asendin
Clomipramine  Desipramine
Elavil  Endep
Imipramine  Janimine
Ludiomil  Maprotiline
Nortriptyline  Pamelor
Protriptyline  Sinequan
Tofranil  Triavil
Vivactil

Herbs Medications to Avoid

Bilbery  Cayenne
Da Huang  Danshen
Echinacea  Ephedra
Feverfew  Fish Oil
Gingko Biloba  Ginseng
Goldenseal  Horse Chestnut
Licorice  Mafesan
Milk Thistle  PC-SPES
St. John's Wort  Valerian

Anexsia  Arthritis Bufferin
Clinoril C  Dalteparin injection
Doxycycline  Flagyl
Garlic  Isollyl
Mellaril  Pan-PAC
Phenylpropanolamine  Pyroxate
Sinex  Sparine
Tenuate  Ticlid
Ursinus  Warfarin

Amoxapine  Aventyl
Doxepin  Etrafon products
Limbitrol products  Norpramin
Pertofran  Surmontil
Trimipramine

Clover  Dong quai
Evening Primrose Oil  Ginger/Garlic
Glucosamine  Kava-kava
Melatonin  Poplar
Yohimbe

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FAQ

Where do you perform your surgery?

- The safest place to perform your surgery is at a certified outpatient surgical center or hospital. Our Cosmetic Surgery Center is certified by the AAAASF (American Association for Accreditation of Ambulatory Surgery Facilities), which is the highest level of obtainable certification. This ensures that the facility has been inspected, the surgeon has been credentialed to perform all the procedures offered and that an ongoing peer and quality review is present.

What is the most common risk in cosmetic surgery?

- The first and less obvious risk is disappointment. This happens when the patient's expectations exceed the results of surgery. It could either be related to the disappointment in their physical changes or the new improved appearance doesn't realize the lifestyle changes they had hoped for. Although cosmetic surgery can have a positive impact on your life it is not a guarantee for happiness.

What happens if there is a complication?

- In certain circumstances both the patient and the surgeon can do everything right but an unforeseen problem occurs resulting in disappointment for both. Although this can be handled in various ways, the most common approach is for the patient to pay for anesthesia and the facility, with the plastic surgeon donating his time, services and postoperative care. Major complications such as major infection, skin death, fluid overload, etc. are extremely rare and can largely be avoided by the experienced surgeon.

What happens if I have a minor imperfection and a touch-up procedure could improve it?

- If the patient has shown a significant improvement but still seeks further improvement a touch-up fee will be applied. Since many refinements can be performed under local anesthesia, the cost can be significantly reduced.

What can I do to influence my result?

- Your general health, skin condition and healing ability as well as your compliance in following our pre and postoperative instructions all influence your results. It is of the utmost importance that you stop smoking for at least 3 weeks before any procedure and you must be candid and honest about it. Smoking not only impairs healing but also increases significantly your change of developing a major complication. In addition to prescription medications you need to disclose all over the counter/nonprescription drugs, herbs, vitamins and other dietary supplements since many of these can affect healing and/or cause bleeding.

What does the fee that I was quoted from the patient coordinator cover?

- This is a fixed and global fee. In other words it includes surgery, anesthesia, lab, OR facility, supplies such as garments, implants (if required) and accommodations for out of town patients. The only exception is the necessity in special circumstances of a private nurse if you cannot be adequately cared for by family members. Although we strive to make our fees competitive and affordable, you will perceive the higher value when you consider safety, quality, experience, service, communication and our distinct environment that A BETTER YOU Cosmetic Surgery Center offers you.

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Who can perform cosmetic surgery?

Today all kinds of doctors can perform cosmetic surgery. Once a doctor obtains a MD degree he or she can practice any specialty they want without any advanced training. However not all of them share the same degree of training and experience. Most of these unqualified doctors offer a limited scope of services and tend to perform liposuction, breast augmentation, or facial surgery. Also, the claims and advertisements of these self-proclaimed "board certified cosmetic doctors (some are dental/oral surgeons)" are only adding to the public's confusion. It is difficult for the consumer to evaluate competence or qualifications of a surgeon and therefore the medical profession has created board certification. The American Board of Medical Specialties (ABMS) is the umbrella organization established to certify specialists in the US. After years of formal education, specialized training and surgical residencies, surgeons take extremely rigorous written and oral exams. Once they pass, they can call themselves board certified in that specialty. The American Board of Cosmetic Surgery is not a recognized board by the ABMS or any state. Dr. Herve Gentile is certified by multiple specialties; the American Board of Plastic Surgery (the gold standard for cosmetic surgery, the American Board of Otolaryngology-Head & Neck Surgery and the American Board of Facial Plastic and Reconstructive Surgery. In addition he is on the faculty of the Medical College of Georgia (MCG), University of Georgia Systems, as a Clinical Assistant Professor of Plastic Surgery.