

## 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.

Scheduled on TBA

- 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):** nattakinase, lumbrokinase, beer, billberry, 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 anticoagulants 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	Acetilsalicylic Acid
Adprin-B products	Alka-Seltzer products	Amigesic
Anacin products	Anexsia w/Codine	Argesic-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
Buffetts 11	Buffex	Butal/ASA/Caff
Butalbital Compound	Cama Arthritis Pain Reliever	Carisoprodol Compound
Cheracol	Choline Magnesium Trisalicylate	Choline Salicylate
Cope	Coricidin	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
Isolyl 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  
Pabalate products  
Panasal  
Percodan 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  
Orphengesic products  
P-A-C  
Pentasa  
Phenaphen/Codeine #3  
Robaxisal  
Saleto products  
Salsalate  
Sine-off  
Sodol Compound  
Sulfasalazine  
Synalgos-DC  
Tricosal  
Tussirex 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

Actron  
Aleve  
Cataflam  
Diclofenac  
Etodolac  
Flurbiprofen  
IBU  
Ibuprohm  
Indomethacin products  
Lodine  
Mefenamic Acid  
Motrin products  
Naprelan  
Naproxen  
Orudis products  
Piroxicam  
Relafen  
Sulindac  
Tolmetin

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

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

## Other Medications to Avoid

4-Way w/ Codeine

A.C.A.

A-A Compound

*Herve F. Gentile, M.D.*

(361) 881-9999

## Medications to Avoid Before and After Surgery

Accutrim  
Anisindione  
BC Tablets  
Contac  
Dicumerol  
Emagrin  
Fragmin injection  
Heparin  
Lovenox injection  
Miradon  
Pentoxifylline  
Prednisone  
Ru-Tuss  
Sofarin  
Stelazine  
Tenuate Dospan  
Ticlopidine  
Vibramycin

Actifed  
Anturane  
Childrens Advil  
Coumadin  
Dipyridamole  
Enoxaparin injection  
Furadantin  
Hydrocortisone  
Macroclantin  
Opasal  
Persantine  
Protamine  
Salatin  
Soltice  
Sulfinpyrazone  
Thorazine  
Trental  
Vitamin E

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

### Tricyclic Antidepressants Medications to Avoid

Adapin  
Anafranil  
Clomipramine  
Elavil  
Imipramine  
Ludiomil  
Nortriptyline  
Protriptyline  
Tofranil  
Vivactil

Amitriptyline  
Asendin  
Desipramine  
Endep  
Janimine  
Maprotiline  
Pamelor  
Sinequan  
Triavil

Amoxapine  
Aventyl  
Doxepin  
Etrafon products  
Limbitrol products  
Norpramin  
Pertofrane  
Surmontil  
Trimipramine

### Herbs Medications to Avoid

Bilbery  
Da Huang  
Echinacea  
Feverfew  
Ginkgo Biloba  
Goldenseal  
Licorice  
Milk Thistle  
St. John's Wort

Cayenne  
Danshen  
Ephedra  
Fish Oil  
Ginseng  
Horse Chestnut  
Mafesian  
PC-SPES  
Valerian

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

## F A Q

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 icertified 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 can not 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.



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.