



Pre-Operative Instructions for Surgical Patients

Please follow these instructions closely in order to ensure that you get the best possible result from your surgery. The nursing staff is here to help you and happy to do so; please call us with any questions or concerns you may have.

*You will be given the selected following prescriptions: **You must bring all of these with you on the day of your procedure.***

- _____ **Valium (Diazepam) 5mg –anti-anxiety.** *Used for local cases only* You will be given 5 pills. **Do not take until you arrive at office.** You will take 2-3 pills prior to surgery.

- _____ **Keflex 750mg- antibiotic.** Take 1 pill by mouth every morning for 3 days; take all prescribed pills.

- _____ **Cleocin 300 mg-antibiotic.** *Used for penicillin allergies only.* Take 1 pill three times a day for 3 Days; take all prescribed pills.

- _____ **Lortab (Hydrocodone) 7.5mg- pain relief.** Take 1-2 pills by mouth immediately following surgery and then every 3-4 hours as needed. Take with food and use phenergan 20-30 min before to prevent nausea.

- _____ **Phenergan 25mg – anti-nausea.** Take 1 pill as needed to control nausea every 4-6 hours as needed. Take these 30 minutes prior to pain medication.

- _____ **Phenergan 25mg suppositories- anti-nausea.** Take 1 suppository rectally every 4-6 hours if unable to use pills.

- _____ **Sterapred DS (Prednisone) – anti-inflammatory.** Follow the directions for taking these listed inside the dose pack.
Local cases- you will take once arriving at office and will continue to take later that day.
Anesthesia cases- you will not begin taking until day after surgery; something similar will be given through your IV during the procedure.

- _____ **Zofran (Odansetron)- anti-nausea-** *Used for anesthesia cases only.* Place 2 tablets under tongue to dissolve **1 hour** prior to scheduled surgery.

- _____ **Maxitrol Ophthalmic Ointment- antibiotic-** *Used for eye surgery only.* Apply 2 times a day to visible incision lines after cleaning. *Do not apply to eye itself.*

- _____ **Peridex mouthwash- anti-bacterial.** *Used for cheek implants only.* Swish and spit 2 times a day.

- _____ **Valtrex 1gm (valacyclovir) –anti-viral.** *Used for CO2 laser resurfacing only.* Take 1 pill 3 times a day for 7 days.

The following 2 herbal supplements are highly recommended by Dr. Hochman to prevent bruising and swelling. Begin both 4 days before surgery and continue for 1 week after. Take as directed on the bottle. These supplements can be purchased at the Facial Surgery Center, GNC, or health food stores.

*Bromelain

*Arnica Montana

Please read the following additional guidelines carefully and call with any questions.

- 1) Do not take any **supplemental vitamin C, vitamin E, or aspirin** for 2 weeks prior to and 1 week following surgery (although daily multi-vitamins are ok to take.) These vitamins and medications have been found to increase bleeding in surgical patients. **Take Tylenol for pain** but avoid Naproxen (Aleve), Ibuprofen or Excedrin.
- 2) On the day of your procedure, please limit medications to only heart, blood pressure or blood sugar related. Other medications may be taken after surgery- call with any questions about this.
- 3) ***For anesthesia patients only - nothing to eat or drink after midnight on the evening of surgery.*** For all other patients (local surgery), be sure to eat prior to coming but avoid dairy.
- 4) Wash your face and hair as normal the night before or day of surgery. Lotion on your face is fine but please do not apply any cosmetics. No contact lenses or jewelry, and wear a button or zip down top with comfortable pants and shoes. Ladies may wear a low neck tank top under the hospital gown.
- 5) Do not **color hair** for 1 week prior to and 4 weeks following surgery.
- 6) Avoid **tanning beds** and **overexposure to the sun** prior to and following surgery.
- 7) Please contact us immediately if you develop any signs of infection or illness such as fever, nausea/vomiting, cough or nasal drainage. Your surgery may be rescheduled to avoid any complications.
- 8) Patients who smoke **must** stop 4 weeks prior to or following the procedure. Smoking greatly compromises the body's ability to heal and can have disastrous effects on your outcome. **No exceptions will be made** and patients who do not quit will have their surgeries rescheduled for a later date.

Dr. Hochman is always available to you.

Call ***The Facial Surgery Center*** at **843-571-4742**
any time and we'd be happy to help.

If you need assistance after-hours, call the office and the voicemail will give you instructions on how to page Dr. Hochman.