



Surgery
Tool Kit



At Politis Plastic Surgery, we believe in the magic of revolution, where every procedure is a work of art. With our unwavering dedication to excellence, innovation, and genuine care, we embark on a journey with you to create lasting, beautiful changes. Our mission is simple: to empower you by enhancing your natural beauty, restoring function, refining aesthetics, and reigniting your confidence.

CONTACT US

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Pre-Op Prep



NICOTINE

Please refrain from using nicotine for **4-6 weeks prior to and 4 weeks after** your procedure.

ALCOHOL

Do not consume alcohol **1 week prior to and 2 weeks after** your procedure.

MEDICATION

No Advil, aspirin, ibuprofen, naproxen or NSAIDs **2 weeks prior** to your procedure. No vitamins or herbal supplements (garlic, ginkgo, fish oil, St. John's Wort, ginseng, Vitamin E) for **1 week prior** to your procedure.

PRESCRIPTIONS

Prescriptions will need to be picked up at your pharmacy prior to your procedure. Please refer to our "Day of Procedure" checklist.

LYMPHATIC DRAINAGE

FOR LIPO 360 ONLY
Please plan your massages once your procedure has been booked. We recommend **1-2 massages per week for the first 4 weeks, followed by 1 weekly massage for the second month.**

Day of Procedure

LOCAL ANESTHESIA

Please do not consume caffeine the day of surgery. Eat a very light, dry meal prior to arriving to your procedure.

GENERAL ANESTHESIA

Please do not eat or drink anything after midnight on the day prior to your procedure. This includes water, mouthwash, coffee, tea, ect.





FIND YOUR NURSE

www.FindYourNurse.com

(727)539-9472

info@FindYourNurse.com

Monday - Friday | 7AM - 7PM

Saturday & Sunday | 9AM - 5PM

Nursing Recommendation

Day of Procedure Checklist

**ALL PATIENTS: NO
CAFFEINE DAY OF
PROCEDURE.**

**GENERAL ANESTHESIA
PATIENTS: NO EATING OR
DRINKING AFTER
MIDNIGHT THE DAY OF
YOUR PROCEDURE.**
(Surgery Center or Hospital)

**LOCAL ANESTHESIA
PATIENTS: EAT A LIGHT,
PLAIN MEAL THE MORNING
OF YOUR PROCEDURE. (In
office procedures)**



MEDICATIONS

Have all your medications picked up. Do not take before arriving to your procedure



CLOTHING

Wear dark, comfortable, loose fitting clothing (that you don't mind getting soiled) and slide on shoes.



JEWELRY & MAKEUP

Remove all makeup and jewelry, including piercings. Leave all valuables at home.



POST-OP ESCORT

Have a responsible adult ready to escort you to your home or hotel after your procedure.

Post
Operative



Post-Op Instructions

<h2>FLUIDS</h2> <p>It is critical for recovery that you drink water and electrolytes after your procedure to prevent dehydration. These include coconut water, Liquid IVs, and lemon infused water. Avoid carbonated beverages for 1-2 days after surgery</p>	<h2>PREVENTION</h2> <p>Take short walks from room to room and move every hour while you are awake. Surgical center and hospital patients will be sent home wearing compression socks. The socks should remain on for 24-48 hours.</p>	<h2>GARMENT WEAR</h2> <p>Post surgical garments vary based on your surgical procedure. Please refer to your written post operative instructions for garment use and recommendations.</p>	<h2>NUTRITION</h2> <p>Eat a high protein, low sodium diet. Protein helps in recovery while low sodium helps inflammation. Increase fiber intake to decrease constipation. Incorporating healthy comfort foods!</p>
<h2>INCISION CARE</h2> <p>In the shower, use a mild soap and let the soapy water run over the incisions. Your nurse will let you know when to begin scar therapy. If incisions are still leaking, patient's may pad their incisions for comfort.</p>	<h2>DRAINAGE</h2> <p>You may have drainage from your incisions. The fluid is often blood tinged. This is normal and expected. Bright red active bleeding that cannot be controlled with light pressure should be reported to the office. Patient's with surgical drains should record drain output daily.</p>	<h2>PAIN MANAGEMENT</h2> <p>This is tailored to each patient. Most pain can be controlled with a combination of Ibuprofen, acetaminophen and muscle relaxers. Please refer to the medication sheet provided in your pre-operative folder.</p>	<h2>BATHING</h2> <p>You may shower 24 hours after your procedure. No submerging in water for 6 weeks after your procedure.</p>
			<h2>ANTIBIOTICS</h2> <p>If prescribed, take antibiotics with food as directed. Take until the medication is completed.</p>

Post-Op Instructions

DO NOT

DO NOT soak in a bath, jacuzzi, swimming pool, lake or the ocean for at least **6 weeks** after surgery in order to minimize risk of infection.

FOLLOW UP

Our team will schedule a follow ups **1-2 weeks** after your procedure. Additional appointments will be made based on individual patient needs during your post operative time. We will also be in constant communication following your procedure with call and text.

Recovery Expectations

NAUSEA

If you are experiencing nausea please use your provided prescription medication. Broth, tea and bland food should be consumed until nausea subsides.

LOW GRADE FEVER

Slight temperature elevation during the first **48 hours** after surgery can be due to the body's natural reaction to the surgical trauma and is normal. Contact the office if your temperature is higher than 100.4 degrees Fahrenheit.



BRUISING & SWELLING

Expect swelling and bruising for **6 weeks - 12 months** depending on daily activity, diet, sodium intake, ect. You can take arnica, bromine, or eat pineapples to help.

ITCHING

The surgical prep solution can be irritating to the skin for some people. For those with sensitive skin, we recommend wiping the skin with a washcloth the day of surgery and showering at **24 hours** as long as you are stable on your feet. Zyrtec should be started the night of surgery.

Medical Emergency

CONTACT US IF:

If the incision site becomes red, swollen, warm to the touch or more tender.

If the incision site becomes hard or with extensive bruising.

If the dressings become soaked with blood and the area continues to bleed.

If you develop a temperature greater than 100.5 F

You have significant chest pain, calf pain, or shortness of breath.

A red sign with white text and a white arrow pointing right. The sign is mounted on a light-colored wall. The text "EMERGENCY ROOM" is written in large, bold, white capital letters. Below the text is a white circle containing a red arrow pointing to the right. The sign is slightly worn and has some scuffing.

EMERGENCY

ROOM



Trusted Partners

<p><i>DRIP TIDE</i></p>	<p><i>FACES BY CARLY</i></p>	<p><i>LYMPHATIC MASSAGE</i></p>	<p><i>WELLNESS CLUB</i></p>
<p>IV Therapy 3601 W Azele St, Tampa, FL 33609 (813) 687-8963</p>	<p>Permanent Makeup 9460 W Linebaugh Ave, Tampa, FL 33626 (813) 713-5082</p>	<p>Bel's Massage & Body Works Mobile Massage, Belky Nunez (813) 424-1388</p>	<p>Anti-Aging, IV Infusions, Peptides 504 S Moody Ave, Tampa, FL 33609 (813) 419-2506</p>
<p><i>CODE GREY</i></p>	<p><i>THE EDITION</i></p>	<p><i>THE RENAISSANCE</i></p>	<p><i>KRYSTA SMITH, LMT</i></p>
<p>Post Op Garments 3227 W Cypress Street, Tampa FL 33607 (813) 278-1757</p>	<p>Hotel 500 Channelside Dr, Tampa, FL 33602 (813) 221-4600</p>	<p>Hotel 4200 Jim Walter Blvd, Tampa, FL 33607 (813) 877-9200</p>	<p>Holistic Wellness Coach 9040 Tryfon Blvd. Unit A103 Trinity, FL 34655 (727) 597-3184</p>