



Dear Patient:

This packet provides important instructions for the pre- and post-operative to help minimize the risk of complications throughout your surgical experience. Please take all of the information we have provided you with and read it over carefully. If you have any questions about any of the information in this booklet please feel free to call the office at 715-847-2022; 888-278-3795. We will be happy to answer any of your questions or concerns.

We greatly appreciate the opportunity to have you as a patient in our office. Again, please feel free to contact our office with any questions, concerns or comments.

Sincerely,
Dr. Markelov

Packet Contents:

Pre-Operative Instructions

Post-Operative Instructions

Medicines/ Vitamins/ Foods to Avoid Prior to Surgery

Unplanned Additional Surgery Disclosure

Patient Copy of Consent in Back Folder

Acknowledgment of Receipt of Packet Information

I have received a copy of the Pre/Post-Operative instructions for my scheduled surgery. I understand that it is my obligation to be anywhere of the information contained therein. I understand if I have questions regarding any of this information Dr. Markelov and his team members are available to answer them.

Signature: _____

Date: _____





Pre-Operative Instructions

The following information will help make your surgery and recovery as smooth as possible and reduce the risk of complications. Please do not hesitate to call the office with any questions.

Things to Remember Prior to Surgery:

1. Please be sure to report **all medications you're currently taking - including prescriptions, vitamins/supplements and any over-the-counter medications.**
2. **Please do not take Aspirin, medications containing Aspirin, or non-steroidal anti-inflammatory drugs (NSAIDs) for seven days prior to your surgery.** These products interfere with normal blood clotting. If needed, you may take Tylenol products instead. Please review the "Medication and Herbs to Avoid" list at the end of the packet.
3. **No birth control or hormone medication for one month prior to surgery.** These products interfere with normal blood clotting and increase your risk of a blood clot.
4. **Absolutely no smoking for four weeks prior to surgery and four weeks after surgery.** Nicotine causes peripheral blood vessels to constrict, which compromises the blood flow to the skin and interferes with wound healing. This may lead to poor scars, open wounds, and prolonged healing time. This also includes the use of nicotine patches, gum or electronic cigarettes. We may require nicotine tests prior to your procedure, which may be cancelled if you're still actively smoking.
5. Report any signs of cold, illness or unusual rashes to our office should they occur in the week prior to your surgery.
6. Two weeks prior to your surgery and two weeks after be sure to eat a high protein diet and drink plenty of fluids including, water, Gatorade etc.
7. You must make arrangements for a reliable adult to drive you home after you are discharged from hospital/Day Surgery. **You will NOT be permitted to drive yourself.**
8. You must make arrangements for a reliable adult to stay with you for the first two days after your discharge.





The Day(s) Before Your Surgery:

1. Shower with Hibiclens soap twice daily starting five days prior to surgery. A prescription will be provided to you. Be sure to pay special attention to the area where surgery will be performed. Avoid the face, eyes, nose, mouth and hair. Do not use this soap in the post-operative period.
2. A medical assistant or nurse will also go over your medical history and medication list to instruct you of any medications you may need to take the morning of surgery with a small sip of water (for example: blood pressures medication, thyroid medication etc.). You can also call for your instructions: 715-847-2022.
3. **If you are having abdominal surgery, body lift, tummy tuck, hernia repair, or TRAM flap,** begin the clear liquid diet the day before your procedure. This reduces the risk of post-operative constipation. Clear liquid would include water, fruit juices without pulp, such as grape juice, filtered apple juice, and cranberry juice. Soup broth (bouillon or consommé') **CLEAR** sodas, such as ginger ale and Sprite. Be sure to stay hydrated! You may also drink Gatorade the day before surgery to reduce the risk of post-operative nausea and dehydration.
4. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.** A small sip of coffee on the way out of the house in the morning would be enough for anesthesia to cancel your surgery. You may only take medications on the morning of surgery with a small sip of water **if instructed by a nurse or a physician.**
5. Remove all make-up, jewelry, and nail polish the night before your procedure.

The Day of Your Surgery:

1. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.** A small sip of coffee on the way out of the house in the morning would be enough for your surgery. You may only take medications on the morning of surgery with a small sip of water **if instructed by a nurse or a physician.**
2. Wear comfortable, loose fitting clothes in preparation for discharge.
3. Do not bring anything of value to the hospital/day surgery with you.





Carefully Check This List of Medications to Avoid Prior to Surgery:

Patient scheduled for surgery should stop taking all products containing aspirin and/or non-steroidal anti-inflammatory drugs (NSAID) **seven days prior to surgery**. These drugs can cause bleeding problems. You may take Tylenol as needed for headaches, cramps, aches and pains.

This is the list of common products to avoid, but the list is not complete. If you're not sure about the medication, ask your pharmacist or call the office.

Advil	BC Powders	Children's Aspirin	Duradyne
Aleve	Brufen	Clinoril	Duragesic
Alka-Seltzer	Buff-a Com	Conaterol	Easpirin
Anacin	Buffadyne	Congespirin	Ecotrin
Anaprox	Bufferin	Cope	Empirin
Ansaid	Buffex	Coracidin	Emprazil
APC	Butalbital	Coumadin	Equagesic
Arthritis Pain Formula	Cama Arthritis Pain Reliever	Darvon Compound	Excedrin
ASA	Cama-Inlay Tabs	Darvon with ASA	Feldene
Ascodeen-30	Caprin Capsules	Daypro	Fiorinal
Ascriptin	Caspirin	Disalcid Tabs and Caps	Flurbiprophen Sodium
Aspergum	Cataflan	Doan's Pills	Fourway Cold Tablets
Aspirin	Celebrex	Dolia	Goody's Extra Strength
Bayer Aspirin	Cephalgesic	Dolobid	
BC Cold Powder	Cheracol Capsules	Dristan	Ibuprofen





Indocin	Neprelan Tablets	Quagesic	Talwin
Indomethacin	Naprosyn	Relafen	Toradol
Lodine Capsules	Norgesic	Robaxial	Trandate
Mobic Tablets	Norgesic Forte	Rufen	Trental
Magsal Tablets	Nuprin	Sine-aid	Trialgesic
Measurin	Orudis	Sine –off	Triaminicin
Meclomen	Pabirin Buffered Tablets	Sinutab	Trilisate
Medipren	Panadynes	Soma Compound	Ursinus Inlay
Midol Caplets	Panalgesic	Soma with Codeine	Vanquish
Midol PMS Caplets	Pepto-Bismal	Stanback Powder/Max	Vioxx
Midol – 2000	Percodan	Stendin	Vivo Med
Mobegesic Tablets	Percodan-Demi	Stero-Darvon with Aspirin	Voltaren
Momentum Muscle Back	Persantine	Supacf	Wesprin
Monacet with Codeine	Persistin	Synalgos DC	Zactin
Motrin	Ponstel	SZ- 65 Compound	Zorpin

Medications to Avoid Prior to Surgery Continued...





HERBAL MEDICINES, VITAMINS, AND FOOD TO AVOID:

There are several herbal medications and foods to avoid that can increase your risk of bleeding and surgical complications. **Please avoid these items for 7 days prior to surgery.**

Herbal Medications

Astragalus (Huang-Qi)

Carnitine Chromium

Citrimax (Garcinia)

Creatine

Echinacea

Ephedra

Ginkgo Biloba

Ginseng

Gotu Kola

Kava

L-Proline

St. John's Wort

Taurine

Valeria

Food and Drink

Garlic

Ginger

Grapefruit Juice

Lemon Grass

Red Wine

Birth Control Medication and Hormone Therapy should be stopped 1 month prior to any surgical procedure

