

# Pre- and Post-Operative Instructions: Surgery with General Anesthesia

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At Asia Pacific Surgery, our goal is to keep you safe, comfortable, and well-prepared. These instructions are for procedures performed with general anesthesia, where you are completely asleep during surgery.

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## Before Your Procedure

### General Anesthesia

General anesthesia ensures you are fully unconscious during your surgery, with no awareness or memory of the procedure. An anesthesiologist will carefully monitor you throughout for your safety.

- Food & Drink: Nothing to eat or drink (including water, mints, candy, or gum) for 8 hours before surgery.
- Medications:
  - Blood Pressure Medications: Take as usual with a sip of water the morning of surgery.
  - Diabetes Medications: Do not take oral or injectable diabetic medications the night before or the morning of surgery.
  - Other Medications: Only take medications your surgeon has specifically approved.
- Medications & Supplements to Stop:

- Aspirin/NSAIDs: Stop 3 weeks before surgery (unless told otherwise).
  - Anticoagulants: Consult your surgeon and prescribing physician at least 3 weeks prior for a safe plan.
  - Herbal Supplements/Vitamins (vitamin E, fish oil, ginkgo, garlic, etc.): Stop 2 weeks before.
  - Semaglutide/Weight Loss Meds (Ozempic, Wegovy, etc.) & Biotin: Stop 2 weeks before.
  - ADHD Medications: Avoid the day before surgery.
  - Naltrexone-containing meds (Contrave, etc.): Must consult the prescribing physician.
  - Illicit Substances (especially cocaine, meth): Disclose honestly. These can cause life-threatening complications under anesthesia.
- **Transportation & Care:** You must have a responsible adult drive you home. Ride-shares (Uber/Lyft) and taxis are not permitted. Arrange for a caregiver to stay with you for at least 24 hours.

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## For All General Anesthesia Procedures

- **Nicotine:** Reduce or stop 4 weeks before and after surgery. Nicotine slows healing and increases complications.
- **Alcohol:** Reduce or stop 2 weeks before and after surgery. Alcohol can worsen bruising and swelling.
- **Hygiene:** Shower with soap the morning of surgery. Do not apply lotions, perfumes, makeup, or skincare products.
- **Jewelry & Valuables:** Remove all jewelry and piercings. Do not bring valuables.

- **Clothing:** Wear loose, comfortable clothing that doesn't need to be pulled over your head (button-up or zip-front preferred).
  - **Menstruation and Surgery**
    - If you are on your menstrual period on the day of surgery, you may wear a sanitary pad or disposable underwear.
    - For safety reasons, internal menstrual products (such as tampons or menstrual cups) are not used.
  - After surgery, if you need menstrual supplies before leaving the facility, pads can be provided upon request. Application of any menstrual product is performed by the patient.
  - **Hair Extensions:** If you have metal clip-in or microbead extensions, notify your nurse before surgery.
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## After Your Procedure

### General Recovery Guidance

- **Surgery Is a Big Deal:** General anesthesia is more intensive than local anesthesia. It's normal to feel tired, groggy, or nauseated the first day. Be patient with your body as you recover.
- **Swelling & Healing:** Swelling and bruising are common and will gradually improve. Final results may take weeks to months.
- **Energy & Rest:** Expect lower energy for several days. Plan for rest and avoid major decisions or driving for at least 24 hours.
- **Movement:** Light walking helps reduce swelling and lowers the risk of blood clots (DVT/PE).

- Nutrition & Hydration: Eat balanced meals, stay well hydrated, and avoid nicotine and alcohol.
  - Follow-Up: Attend all scheduled follow-up appointments so we can support your healing.
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## Medications After Surgery

- Tylenol (Acetaminophen): Safe for pain management. Avoid NSAIDs (Ibuprofen, Aleve) unless cleared by your surgeon.
  - Narcotic Pain Medications: If prescribed, take only as directed. Use stool softeners/laxatives to prevent constipation.
  - Zofran (Ondansetron): Often prescribed to help with nausea.
  - Antibiotics: Take if prescribed and complete the full course.
  - Arnica (Sinneh): Optional regimen to help with swelling and bruising if provided.
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## Wound Care

- Do not remove your own sutures.
- Leave Steri-Strips in place until they naturally loosen and fall off.
- Sutures may be dissolvable or removed by your surgeon; most are dissolvable.
- Keep incision sites clean, dry, and covered with clean dressings as directed.
- Protect healing areas from sun exposure to minimize scarring.

- If you have surgical drains placed, you will receive a separate set of instructions with detailed guidance on how to care for your drain site and manage the drain at home.
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## Bathing & Water Exposure

- Do not soak in tubs, pools, hot tubs, or the ocean for 2-4 weeks. For specific guidance, please contact your surgeon or nurse.
  - Follow wound care instructions provided by your surgical team.
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## Emotional Recovery

It's normal to feel a range of emotions after surgery. Some patients feel relief, while others may have moments of doubt, impatience, or frustration during the healing process. Please know this is part of recovery. Give yourself grace, and reach out if you need support.

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## Watch for Warning Signs

Call our office immediately if you experience:

- Increased redness, warmth, or swelling at the incision site
- Pus-like or foul-smelling drainage
- Fever > 101°F (38.3°C)
- Severe pain not relieved by medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell
- Shortness of breath, chest pain, or calf pain

## Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@asiapacificaesthetics.com	<ul style="list-style-type: none"> <li>• General recovery questions</li> <li>• Appointment inquiries</li> <li>• Prescription refills</li> </ul>
Urgent Questions or Concerns	Dr. Ching's Office: (808) 585-8855 Dr. Long's Office: (808) 439-8064 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	<ul style="list-style-type: none"> <li>• Swelling, bruising, or redness</li> <li>• Severe pain</li> <li>• High fever</li> <li>• Unusual discharge or odor</li> <li>• Uncontrolled bleeding</li> </ul>
Medical Emergencies	Call 911 or go to the nearest emergency room	<ul style="list-style-type: none"> <li>• Difficulty breathing</li> <li>• Chest pain</li> <li>• Severe calf pain</li> <li>• Signs of heart attack or pulmonary embolism</li> </ul>

### Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.