

**AMY DEROSA, D.O.**

**248-688-7597**

**22401 Foster Winter Dr. Southfield, MI 48075**

**PREPARATIONS FOR YOUR SURGERY**

**TWO WEEKS BEFORE YOUR SURGERY:**

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. **Aspirin-containing products should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery. Most herbal and homeopathic medications interfere with anesthesia, cause bleeding, and inhibit wound healing.

**Smoking will affect how you heal. It is very important to discontinue smoking for at least 2 weeks before surgery (this includes use of smokeless tobacco products, and nicotine patches or gum).**

**SURGERY PRE-OPERATIVE SHOP LIST:**

Of course not all of the below is needed – it is only provided for ideas and for general convenience. Many of you may have a majority of the below items. We have also added blank spaces for items that you may want or need that I have not thought of.

**PHARMACY/GROCERY:**

1. \_\_\_\_\_ Post-operative medications. Prescriptions will be provided day of surgery.
2. \_\_\_\_\_ Birth control medications – don't forget if you are taking birth control that some antibiotics can interfere so in the even that you have relations, use another form of protection as well
3. \_\_\_\_\_ Gauze, Neosporin + pain, light days panty liners if applicable
4. \_\_\_\_\_ Antibacterial soap (Dial pump or body wash soap)
5. \_\_\_\_\_ Thermometer
6. \_\_\_\_\_ Mild stool softeners/laxatives (you will probably want to start taking a stool softener starting a week before your surgery)

**THE EVENING BEFORE YOUR SURGERY:**

Get a good night's rest.

Make some Jell-O and/or soup for after your surgery.

Do not eat or drink anything after midnight if your surgery is scheduled before noon.

Shower or bathe the night before your procedure.

**THE MORNING OF YOUR SURGERY:**

If you are taking medications, please discuss these with Dr. DeRosa. Some medications may need to be held the morning of surgery.

Do not eat or drink anything after midnight the night before surgery.

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing, preferably a button or zip up top (do not wear a top that has to be slipped on over your head), loose pants, and comfortable, slip-on shoes.

Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home.

**AT HOME AFTER SURGERY:**

A light diet is best for the day of surgery. Begin taking liquids and slowly progress to soups or jellos. You may start a regular diet the next day. Never force yourself to take solid foods initially. The most important thing is to keep up with your fluid intake.

If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, Jell-O, etc. If you do not have pain, do not take the pain medication. Do not drink alcohol while taking pain medication.

Typically you will be given an antibiotic that you will take for a prescribed number of days. Take these as directed.

**POSTOPERATIVE INSTRUCTIONS**

**Call my office immediately if:**

- 1. You have a sudden onset of pain, fever, or redness.**
- 2. You are concerned about anything.**

Be particularly alert for fever (oral temperature greater than 101 degrees), excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat, or rapid breathing rate.

**GENERAL INFORMATION**

Strenuous activities and exercise are to be avoided for at least two weeks after surgery. You may gradually resume normal activities when instructed by Dr. DeRosa, being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting of objects greater than 5 lbs. should be avoided for 4-8 weeks after your surgery.

Bruising and swelling are normal and will disappear in time.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Use a sunscreen with an SPF 20 or greater and contains zinc oxide for at least 6 months.

You may resume driving when you are no longer taking narcotic pain medications and Dr. DeRosa has released you to do so.

Please take all medication carefully and as directed. Please follow all instructions that may accompany the medications, such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.

Remember to follow any special instructions, which have been given to you and call our office if you have any questions.

**OUR TELEPHONE NUMBER IS (248) 688-7597**