

Before and After Operation Instructions

Before the Operation

- You should not take any aspirin or herbal medications for 3 weeks or ibuprofen (Motrin or Advil) for 10 days before the operation. Discuss this with Dr. Wigod if you have special circumstances. It is okay to take acetaminophen (Tylenol).
- Ideally, cut down or stop smoking as soon as possible prior to the day of surgery. Most procedures will not be performed unless you have been smoke free for one month. Nicotine substitution products are not acceptable as they still have the same unwanted effects as tobacco smoke. Any smoking, other use of tobacco products, or exposure to second hand smoke before, during, or after surgery may increase your risk of complications
- Eat and drink nothing after midnight before the operation. You may take any prescription drugs with a small sip of water as necessary.
- Please wear loose fitting clothing which will be easy to get dressed in after your surgery.
- Arrive at Meadow Lake Surgery Center one half hour or to the Hospital one and a half hours before your scheduled operation.
- Contact lenses, jewelry, and dentures must be removed at the time of surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- If you have an illness such as a cold, sore throat, stomach or bowel upset, please notify the office.

After the Operation

- A responsible adult must be available to receive specific post op instructions and drive you home.
- A follow up appointment will be made for you at the time of discharge.
- You should not drive a vehicle or operate any machinery for 24 hours following anesthesia, if you still have significant pain, or if you are still taking narcotic pain medication.
- You may be provided a narcotic for pain control such as oxycodone and should take it as directed. You may also take acetaminophen 1000 mg every 6 hours. If you are given a combination drug such as Tylox, Percocet, Vicodin, or Norco, do not take any additional acetaminophen. You may start taking ibuprofen 48 hours after the operation. Do not use ice or heat on your wound unless specifically discussed with Dr. Wigod. Your pain should improve rapidly during the first few postoperative days and then resolve more slowly. Take a stool softener such as Colace to avoid constipation and use Milk of Magnesia as needed.
- Pain should limit your activity. More specific activity instructions are given for each individual procedure.
- Eat and drink as you like unless specifically instructed otherwise. Nausea and constipation are minimized by keeping well hydrated by Gatorade type drinks. If you have nausea and vomiting, try to increase your fluid intake, decrease narcotics and take your prescribed anti-nausea medicine.

In case of Problem or Emergency

- Call Dr. Wigod if you have any concerns. Reasons for concern include uncontrolled pain, increasing redness/ tenderness/ pain/ drainage, wound opening greater than 1 inch, or temperature greater than 101.5 F.
- For help during regular business hours (M-F, 9-5), please call the office (208-377-9515) and one of the staff or Dr. Wigod will help you as appropriate. For routine questions after regular business hours, call the office number and the answering service will forward your message to the office. Your concern will be addressed at the start of the next business day. For urgent problems, Dr. Wigod takes call for his patients 7 days a week, 24 hours a day. After calling the office number, the answering service will have you hold the line and connect you to Dr. Wigod as rapidly as possible. If Dr. Wigod is out of the Boise area or otherwise unavailable, arrangements will have been made for a similarly trained Plastic Surgery colleague to provide coverage. For true medical emergencies associated with your plastic surgery, notify Dr. Wigod through his service, but do not delay calling 911.