



LISA BRAND MD., F.A.C.S  
4542 LAS POSAS RD, SUITE D  
CAMARILLO, CA 93010  
PHONE (805)322-8490 FAX (805)586-8066

Patient name: \_\_\_\_\_  
Date and Time of surgery \_\_\_\_\_ Time: \_\_\_\_: \_\_\_\_ am pm  
Arrival time at surgery: \_\_\_\_: \_\_\_\_ am pm (unless otherwise noted by the facility)  
Postoperative appointment date and time: Date: \_\_\_\_\_ Time: \_\_\_\_: \_\_\_\_ am pm

**Please carefully read through the following directions:**

**Preoperative instructions:**

- Please make sure your blood tests are done at least one week before surgery. We will provide you with the lab order.
- Please make sure your preoperative evaluation by your primary doctor, cardiologist, or other specialist as instructed, is done at least 1 week before surgery.
- If you have any additional imaging or studies that need to be done before surgery (EKG, chest x-ray, CT, etc.), please try to have this done at least one week before surgery.
- Please arrange transportation to and from the surgical facility for the day of the surgery. Taking a medical transportation is okay, but we advise that you have post operative help at home in case you may need assistance.
- No aspirin or aspirin containing medications, ibuprofen or anti-inflammatory drugs (Motrin, Advil, Naproxen, etc.) should be taken for 1 week before surgery. No Vitamin E for 1 week before surgery.
- No alcohol for 48 hours before or after surgery as bleeding/swelling risk is increased.
- No smoking for at least 1 week before surgery and 2 weeks after surgery (this delays healing time).
- Please discuss with preoperative nurse all medications taken, and see attached list of medications to see which medications to hold or continue.
- If you are on blood thinning medications, please ensure these have been held the appropriate length of time (see attached handout).
- If you have been asked to do a bowel prep, please follow the instructions provided.
- Nothing to eat or drink after midnight the night before surgery, not even water (**small sip for approved medications only**).

**Day of surgery:**

- Please shower the morning of surgery. Do not put on any moisturizer or lotion on your skin. Please do not shave, we will clip your hair as needed before surgery.
- Please remove nail polish. We will need to monitor your oxygen saturation through your finger.



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- Please remove all piercings and leave jewelry at home. Please bring a case for dentures and hearing aids to be kept safely near you for use after surgery.
- Wear comfortable clothes that are easy to take off and put on. Socks and slip on shoes are also preferred.
- Please arrive on time.
- Arrange for a responsible adult to drive you to and from the surgical facility on the day of the surgery. You will **NOT** be able to drive yourself home because of the medication given the day of your surgery. You will **NOT** be able to take a taxi or uber home. Medical transportation is an approved transportation.

### **Post Operative:**

Pain, soreness, and many other things are common and normal after surgery, please see the list below for further guidelines. If you are still concerned, please feel free to call the office at 805-322-8490. You may resume all normal activities when you feel able, unless otherwise specifically instructed. Listen to your body, and please allow your body some time for recovery.

- Things to look out for and call us about:
  - if bruising expands quickly within 24 hours.
  - drainage from incision that is thick or cloudy (dark blood or clear “Kool - aid” colored, blood tinged, fluid can be normal, but call if it continues more than 2-3 days in a row).
  - Fevers over 101 F.
  - Nausea, vomiting, bloating.
- Walking even the same day as surgery is great for your recovery.
- You may climb stairs when you feel stable enough to do so.
- You may drive when you have **not** taken narcotic pain medications for at least 6 hours and are over 24 hours from the time of surgery.
- Be careful with strenuous activities and do not lift over about 15lbs for 2 weeks or until cleared by Dr. Brand.
- You may resume normal sexual activity when you feel ready.
- You may shower 24 hours after surgery unless you have a drain or have been instructed otherwise by Dr. Brand.
- You should avoid soaking in a bathtub or swimming pool or the ocean for at least 1 week postoperative.
- Expect bruising, some swelling, and soreness at your incisions.



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- As incisions heal, they can get firm or pucker. This is the normal healing process and should improve within 6-8 weeks. Massaging with oil (we recommend vitamin E) or lotion can help this smooth over.
- Your bowel function and appetite may take weeks to get back to normal, listen to your body and eat what you feel up for and stop when you are full. Drink plenty of fluids.
- You will likely feel tired more quickly than normal but get out of bed and walk a little farther every day.
- Every day postoperative should be a little better, with a little less pain and less need for pain medication (with some ups and downs). Please call if you are concerned.

### **Constipation:**

This is a common side effect to any surgery. Please make sure you are drinking plenty of water and staying hydrated. Moving daily will also help. We recommend using once daily stool softener (colace, dulcolax, or senna) starting the day of surgery. If this is not enough increase to twice daily the second day. If this is still not enough add one cap of MiraLAX daily the following day. If this is still not enough use one cap of miralax twice daily. If this still does not work, we recommend Milk of Magnesia 30 ml three times a day, or a full 300 mL bottle of magnesium citrate, or a dulcolax suppository, or an enema. If this is still not enough, or you have severe cramping, nausea, and emesis, please call our office.