



NORTHEAST PLASTIC SURGERY
CENTER

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Upper Body Lift / J-Torsoplasty

Pre-operative Instructions

- ▶ Your scheduled surgery date is _____.
- ▶ Your procedure will be performed at _____.
- ▶ You should call Surgical Booking at _____ one business day prior to your scheduled procedure to determine as to when to arrive to the facility.
- ▶ Labwork has been ordered for you in preparation for your surgery, which may include an EKG and/or a chest X-ray as well. Please complete all tests at least 2 weeks prior to your procedure, but no more than 4 weeks before your scheduled surgical date.
- ▶ If you smoke or use any other nicotine products (including the patch or gum), please stop at least 6 weeks prior to surgery. You should refrain from nicotine products for at least 6 weeks following your surgery as well. Smoking reduces circulation and can therefore result in wound healing impairment.
- ▶ Avoid alcohol for at least 48 hours prior to your surgery.
- ▶ Avoid the following anti-platelet agents for 7-10 days prior to your surgery, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E, and for 1 week following your surgery, as they result in a higher risk of bleeding.
- ▶ If taking the following blood thinners or anti-platelet agents, please notify your surgeon AND contact the provider managing such medications as soon as possible to obtain instructions if and when you should stop the medication prior to surgery, and which alternative medications may be used in the interim: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xerelto, Eliquis, or Brilinta.
- ▶ You have received prescriptions for _____ for post-operative pain relief. Postoperative pain management includes other modalities that are non-narcotic based to minimize reliance on such medications. Please plan to take Colace post-operatively to limit constipation. Please fill these prescriptions at least 1 week prior to your surgical date.

- ▶ Bring a detailed list of all of your prescribed and regularly used over-the-counter medications *with dosages* to the facility on the day of surgery.
- ▶ Please purchase 4"x4" gauze and 1" surgical paper tape from your pharmacy prior to your surgery, as you will need them for post-operative dressing care.
- ▶ We will assist in obtaining a suitable compression garment, for usage post-operatively which you will bring to the operating room on the day of your procedure. Often, patients choose to purchase a second garment for ease of cleaning and wear.
- ▶ Do not eat or drink anything starting at midnight on the night before your surgery. If discussed at your pre-op visit, you may be able to take selected medications with a sip of water on the morning of your surgery. Please refer to the additional instruction sheet if you are on medical weight loss treatment.
- ▶ You may shower the morning of your surgery. Do not apply any moisturizers, makeup, deodorant, or perfume.
- ▶ Remove all jewelry, rings, necklaces, and piercings, prior to your operating room visit. Leave all non-essential valuables at home.
- ▶ Avoid wearing contact lenses to your operating room visit.
- ▶ Wear a large, front closure shirt on the day of your surgery.
- ▶ Please arrange for appropriate transportation in advance of your surgery, as you are required to have a family member or friend bring you to and from the facility, before and after your surgery, as you will be unable to safely transport yourself home post-operatively.