

1020 N MASON RD STE #110 SAINT LOUIS MO 63141
Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

Surgery Scheduling Assistant for Dr. Tenenbaum	Carol – 314-996-3040
Surgery Scheduling Assistant for Dr. Myckatyn	Michelle - 314-996-3028
Cosmetic Patient Concierge	Kristi – 314-996-8133
West County Plastic Surgeons Nursing Line	314-996-3201
General Questions and Office Appointments	314-996-8800 Option 2

GENERAL PRE-OPERATIVE INSTRUCTIONS FOR SURGERY

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedures.

MEDICATIONS:

Please bring a list of all your medications that you are taking to the hospital with you the morning of surgery.

- If you are scheduled for surgery at **Barnes West County Hospital**, you will be contacted by a pre-op nurse the day before your surgery to review your health history and medications.
- If you are scheduled for surgery at **Barnes Jewish Hospital**, you will need to schedule a pre-testing appointment (CPAP) to meet with a nurse and physician and they will review your medications before surgery.
- If you take anticoagulants such as Aspirin, Warfarin, Coumadin, Plavix, Heparin, Ticlid or Lovenox, your primary care physician must be consulted before discontinuing prior to your surgery. Please note aspirin and Plavix need to be stopped 14 days prior to surgery unless otherwise specified by your surgeon
- STOP all herbal medications, Vitamin E, Diet pills and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn or Naproxen 14 days prior to surgery.
- Do not take any diuretics or water pills the morning of surgery.

- If you take any heart medications or blood pressure medications you may need to undergo pre-op testing before your surgery. Please contact the office if you have not been instructed on these medications
- You may use prescribed inhalers and you must bring them with you the day of surgery.
- If you are a diabetic, DO NOT take any diabetic pills or insulin the morning of surgery. Your blood sugar will be checked at the hospital prior to surgery and will be taken care of as needed.
- If pain medication is needed prior to surgery, Tylenol can be used as necessary unless the pretest center (CPAP) has cleared you to take other medications prescribed by a pain management physician.
- If you have any further questions regarding your medications, please call your surgeon's office.

SKIN PREPARATION: (BELOW NECK ONLY)

Before surgery, your body must be thoroughly cleaned with a special soap to decrease the amount of germs on the skin. Dial antibacterial soap or Hibiclens may be used for this purpose. Using this soap will help reduce the chance of getting a wound infection after surgery.

DO NOT USE HIBICLENS ON YOUR FACE

FOLLOW THESE INSTRUCTIONS FOR PROPER SKIN PREPARATION:

DO NOT shave the day of surgery. This can cause small abrasions or nicks in the skin, which allows germs to enter. If you want to shave, it must be done the night before surgery. DO NOT use any creams, lotions, powders or underarm deodorant in the area where your surgery will take place. These items interfere with the solution used to prepare your skin in the operating room.

THE EVENING BEFORE SURGERY: (BELOW NECK ONLY)

Take a shower and wash your entire body with antibacterial soap or Hibiclens. Work the soap up into a nice lather. Wash your body, especially the surgical area, with a clean, fresh washcloth. Rinse thoroughly because soap can leave a film, which may interfere with the antiseptics used to clean the skin in the operating room. Dry body with a clean, fresh towel. Wear clean, fresh pajamas to bed.

The evening before your surgery, please drink 24 oz of a clear carbohydrate beverage or water. Please read your post op instructions that you received at your initial consultation for your specific surgery instructions.

THE MORNING OF SURGERY:

Take a shower or wash the surgical area again with antibacterial soap or Hibiclens. Work the soap up into a nice lather and clean the body or surgical site with a clean, fresh washcloth. Again, rinse thoroughly. Dry your body with a clean, fresh towel and put on clean fresh clothes.

ADDITIONAL INSTRUCTIONS:

- Drink 12 oz of water 4 HOURS BEFORE YOUR SCHEDULED SURGERY. NOTHING TO EAT AFTER MIDNIGHT AND NO FOOD THE MORNING OF SURGERY - candy, mints, coffee, water, gum and cigarettes. Please discuss with the surgical coordinator – instructions on what to do the day before surgery.
- DO NOT wear any jewelry, make-up, nail polish, hair clips or contact lenses the day of surgery. Bring your contact lenses case and cleaning solution to the hospital if you wear contacts.
- DO NOT bring any valuables with you to the hospital or they will have to be placed with security or left with the accompanying person.
- It is recommended that you wear loose, comfortable clothing to the hospital the day of surgery. Wear something that is loose enough to fit over the operated site that may have a bandage over it, especially if you are going home the same day.
- Plan to arrive at the hospital 2 hours prior to your surgery time as told by your doctor's office.

(BARNES WEST) – Report to the patient information desk located right in the front doors of Barnes West County Hospital. 12634 Olive Blvd., St. Louis, MO 63141. If you are scheduled as the first case of the day, please report to the desks located in the waiting area to the right of the information desk.

(North) – Report to the Center for Advanced Medicine Surgery Center. 4921 Parkview Place, St. Louis, MO 63110. 4th Floor. Parking is available on the 4th floor of the Laclede Garage. Valet parking is available at the entrance to the Center for Advanced Medicine on Parkview Place. Your parking ticket will be validated in the 4th Floor waiting room.

(SOUTH) – Report to the Admitting Department on the 1st floor of Barnes-Jewish Hospital, South Campus to check in. #1 Barnes Hospital Plaza, St. Louis, MO 63110. Parking is available in the South Parking Garage located at Barnes Hospital Plaza. Valet parking is available on the street level in front of the hospital. Your parking ticket will be validated in the Same Day Surgery waiting room.

- If you are having outpatient surgery, it is REQUIRED you have a responsible person provide you with transportation after surgery, and must be able to stay with you for 24 hours following surgery. ***You cannot take the bus or a taxi home alone.***
- If you are staying overnight after your surgery, you will be transported to your room after a short stay in the recovery room.
- ALL patient for ALL surgeries at the Center for Advanced Medicine or the South Campus REQUIRE pre-testing unless otherwise told by our surgeon. Additional pre-testing information will be provided.
- Please contact our office at any time if you have any questions about your surgery.

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 6 weeks.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least

SPF 15 for the next 6 months. Excellent sunscreen options are offered through our various skin care lines.

3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication. For many patients follow-up includes:

- a) Follow-up within 1 week with our Nurses to pull drains, check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3 weeks, 3 months and 1 year and to address any concerns