

EVAN SOROKIN, MD
the breast doctor

Preoperative Checklist

- Review Informational Packet
 - Welcome Letter
 - Implant information/warranties (if this applies)
 - Recovery Instructions/Postoperative Care Instructions
 - Consent Forms (Take the time to review at your leisure so Dr can answer questions at preoperative appointment)
 - Medications to Avoid Forms as some medications/supplements are dangerous when combined with surgery

- Get Prescriptions Filled (they expire in 30 days from date written)

- Schedule Medical Clearance (if requested by Dr. Sorokin)

- Schedule Preoperative Appointment
 - Bring Whatever questions you can think of
 - Blood Work Labs will be drawn
 - EKG if needed will be performed
 - Find photographs of desired look (for implant size)
 - Meet with Dr. Sorokin to review goals, plans, & consents
 - Return forms that need to be signed (left side of folder)

- Final Payment Two Weeks Prior to surgery

- Two days prior to surgery and day prior to surgery wipe surgical site with antimicrobial wipes that have been provided

- Arrange for driver and pickup as well as someone to stay with you night of surgery. Anesthesia is sedating and someone needs to be with you!

- Nothing to eat or drink after midnight day of surgery or surgery will be canceled. No mints, no candy, no drinks. This is for anesthesia safety.

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The Night Before Surgery

- Make sure you have all prescriptions that will be needed after the surgery. Purchase all prescriptions and supplies from the pharmacy in advance. This way you will have the medications at home when you need them. See enclosed sheet for the list of prescriptions and supplies that you will need.
- Many patients experience constipation after surgery. This is commonly caused both by anesthesia as well as narcotic pain medication. It is a good idea to have at home some fiber products such as Metamucil and a bottle of prune juice just in case this happens.
- Nothing to eat or drink after midnight except prescribed medications with a sip of water. This is extremely important! No coffee in the morning!
- Please remove any dark colored nail polish or it may need to be removed as it can interfere with monitoring equipment. Light pale colors will be fine.
- Make sure you have arranged for a ride to and from the hospital or surgical center. You will not be able to drive a car after anesthesia.
- Try to get a good night of sleep. If you typically have difficulty sleeping in situations like this please call the office and we can arrange for a sleeping aid.
- Morning of surgery: No gum, candy, mints in the morning. No coffee. Wear loose, comfortable clothing to the hospital. Wear glasses not contact lenses. Take usual medications and prescriptions as directed with a small sip of water.
- Arrive to the hospital or surgical center on time. You will receive a phone call the day before surgery telling you what time to arrive. This is usually approximately one hour prior to the scheduled surgery start time. Hospitals usually bring you in two hours early; we try to be considerate but ask that you come on time. This allows time for the nurses to complete needed paperwork, to review all lab work, to review all consent forms, and to start an i.v. line. This is a time consuming process and it is very important to be on time.

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PRESCRIPTIONS FOR YOUR SURGERY...

Abdominoplasty / Liposuction

- Antibiotics are given through the IV prior to surgery, no pills are needed afterwards.
- Pain control is usually Percocet or Vicodin. In addition Ibuprofen is prescribed and works better than the narcotic for most people.
- A sleep aide such as Ambien is not usually needed however can be discussed
- Stool softener such Colace or Metamucil (both over the counter) is important to prevent constipation.
- Vitamins such as Vitamedica Surgery program are permitted. Other vitamins are discouraged as some may make you bleed more.

Breast Augmentation / Breast Lift / Breast Reduction

- Antibiotics are given through the IV prior to surgery, no pills are needed afterwards.
- Pain control is usually Percocet or Tylenol #3 with Codeine. In addition Ibuprofen is prescribed and usually works better than the narcotic for most people.
- A sleep aide such as Ambien is not usually needed however can be discussed
- Stool softener such Colace or Metamucil (both over the counter) is important to prevent constipation.
- Vitamins such as Vitamedica Surgery program are permitted. Other vitamins are discouraged as some may make you bleed more.

Facelift, Browlift, Eyelift, Necklift, Rhinoplasty

- Antibiotics are given through the IV prior to surgery, along with postoperative pills such as prescription for Keflex or Clindamycin if you are allergic to Penicillin.
- Pain control is usually Percocet or Tylenol #3 with Codeine. In addition Ibuprofen is prescribed and usually works better than the narcotic.
- A sleep aide such as Ambien is not usually needed however can be discussed
- Stool softener such Colace or Metamucil (both over the counter) is important to prevent constipation.
- Steroids such as a Medrol Dosepak or Prednisone are given to assist in swelling resolution.
- Vitamins such as Vitamedica Surgery program are permitted. Other vitamins are discouraged as some may make you bleed more.

******* PLEASE REVIEW THE OTHER SIDE OF THIS SHEET FOR IMPORTANT INSTRUCTIONS REGARDING PRESCRIPTIONS FOR YOUR SURGERY *******

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SEVERAL COMMENTS ABOUT YOUR PRESCRIPTIONS FROM DR. SOROKIN

- ⊞ Please fill all prescriptions at least one week prior to surgery for several reasons:
 - No need to stand in line after your surgery when you are hurting
 - To make sure the pharmacy has the appropriate medications to dispense and that nothing needs to be ordered and nothing needs to be cleared with prescription plans
 - So you can have a chance to review the medications and understand the purpose of each. Please call the office 856.797.0202 to discuss any questions
- ⊞ Follow all manufacturer's labeling along with pharmacy instructions in addition to Dr. Sorokin's instructions. Please review these instructions prior to your surgery.
- ⊞ **Please review the medications and products to avoid before surgery sheet. Call with questions.**
- ⊞ Narcotics such as Percocet, Vicodin, and Tylenol with Codeine are necessary and helpful in the recovery process. Unfortunately with overuse they can become addictive. Dr. Sorokin will encourage all patients to stop narcotics as quickly as possible. Refills will be issued only when a true need is demonstrated. Please use these sparingly and appropriately. Patients should not make important or legal decisions while still on narcotics and there will be absolutely no driving until completely off of these medications. Do not share these or any medications with family and/or friends.
- ⊞ NSAIDs such as Ibuprofen are also prescribed as they work by a different mechanism without the dependency problems. Many patients find that the ibuprofen works much better than the narcotics to control pain. Unfortunately while Ibuprofen works wonders for most patients it can also cause problems in other patients. Please notify Dr. Sorokin of any stomach upset, nausea, fatigue, itching, diarrhea, flu-like symptoms, difficulty breathing, swelling, or any odd reactions.
- ⊞ Sleep aids are prescribed to help patients both before and after their surgery. Many patients experience significant anxiety and insomnia before and after their surgery. Take the medication ½ hour prior to your intended bedtime. Please make sure you have at least 8 hours to devote to sleep before you take any sleep aide. Sleep aides are also addictive so only use if necessary and use sparingly. Do not take them postoperatively if you are taking narcotics as the combination can be lethal.
- ⊞ Constipation is a major issue with any surgical procedure. It may surprise patients that anesthesia alone can cause constipation severe enough to require hospital admission. Combined with post surgery narcotics (which also cause constipation) this complication is unfortunately common. Constipation and fecal impaction can and do occur after any surgical procedure. Dr. Sorokin requires all patients to start fiber and colace at least three (3) days prior to surgery and for one (1) week after surgery to reduce the risk of developing this preventable complication.
- ⊞ Vitamins and supplements: Many patients take various supplements. The problem with supplements is that some may actually cause increased problems due to both the ingredients and also the amounts of the ingredients present. Dr. Sorokin has carefully selected a product line (available in the office) specifically formulated for surgery patients. Do not take any supplements for two weeks before and after surgery without informing the office as side effects (anesthesia interactions and bleeding among other issues) of some of these products can lead to disaster. Once again, when in doubt call 856 797 0202 and ask Dr. Sorokin.

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Medications to Avoid Prior to Surgery

Please notify the office if you are taking any Vitamins, Herbal Medications, or Natural Supplements as these can also cause problems during your surgery and should not be taken for the two week period before surgery and one week after surgery.

The following drugs contain aspirin and/or aspirin like effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be avoided for two weeks prior to surgery.

A.P.C.	Emprin with Codeine	Nuprin
A.S.A.	Endep	Orudis
Advil	Equagesic Tablets	Pabalate-SF
Aleve	Etrafon	Pamelor
Alka-Seltzer (or Alka Seltzer Plus)	Excedrin	Parnate
Anacin	Feldene	Pepto-Bismol (all types)
Anaprox	Fiorinal	Percodan
Ansaid	Fish Oil	Persantine
Argesic	Flagyl	Phenteramine
Arthritis pain formula	Four Way Cold Tablets	Phenylbutazone
Arthritis strength Bufferin	Gemnisyn	Ponstel
Arthropan Liquid	Ginko	Propoxyphene Compound
Ascriptin	Ginseng (all types/brands)	Robaxisal
Asperbuf	Gleprin	Rufen
Aspergum	Goody's	Saleta
Aspirin (all brands)	Ibuprofen (all types)	Salocol
Atromid	Indocin	Sine-Aid/Sine-Off/Sinutab
B.C. Tablets & Powder	Indomethacin	SK-65 Compound
Backache Formula	Lanorinal	St Joseph's Cold Tab
Bayer Children's Cold Tablets	Lioresal	St. John's Wort (all types)
Buf-Tabs	Magan	Sulindac
Buff-A Comp	Magsal	Synalgos
Bufferin	Marnal	Tagamet
Buffets II	Marplan	Talwin Compound
Buffinol	Medomen	Tenuate Dospan
Butazolidin	Methocarbamol with Aspirin	Tolectin
Caffergot	Micrainin	Toradol
Cama Arthritis Pain Reliever	Midol	Triaminicin
Carisoprodol	Mobic	Trigesic
Clinoril	Mobidin	Trilisate Tablets/Liquid
Congespirin Chewable	Mobigesic	Uracel
Cope Tablets	Momentum Muscular	Vanquish
Damason P	Motrin	Verin
Darvon	Nalfon	Vitamin E (more than 400u/daily)
Disalcid	Naprosyn	Vitamin C (more than 2000mg daily)
Dolobid	Naproxen	Voltaren
Dolprin	Nardil	Zorprin
Easprin	Nicobid	
Ecotrin	Norgesic (or Norgesic Forte)	

MEDICATIONS TO AVOID (page 2)

Section Two:

The drugs listed below can have undesirable side effects that may affect your anesthesia or surgery.

Achromycin	Ephedrine	Phenelzine sulfate
Adapin	Extrafon	Procarbazine HCL
Amitriptyline HCL/MCL	Flexeril	Pseudoephedrine
Amoxapine	Imipramine HCL	Sinequan
Anafranil	Isocarboxazid	Sumycin
Asendin	Limbitrol	Sumontil
Aventyl	Ludiomil	Tetracycline
Carbamezapine	Maprotiline HCL	Tofranil
Co-Tylenol	Matylane	Tranlycypromine
Comtrex	Medipren	Tri-Cyclen
Desipramine HCL	Mobic	Triavil
Desyrel	Mystecin-F	Trimipramine maleate
Dilantin	Norpramin	Viagra
Doxepin HCL	Nortriptyline HCL	Vibramycin
Effexor	Novahistine	Vioxx
Elavil	Omade	Vivactil
Ephredra	Perphenazine	Zomax

Section Three:

DIET PILLS. Patients having surgery must discontinue any diet pills for at least 2 weeks prior to surgery. This includes but is not limited to Phenteramine, Reduz, Ephedra (any type,) and **both** *Prescription* and *Over-the-counter Non-Prescription* Diet Pills. Please call the office if you have any questions about this policy, but the unknown risks of these substances (however small it may be) is simply not worth it when having an elective procedure. Failure to abide by this policy may result in cancellation of surgery.

BIRTH CONTROL. Patients having surgery must discontinue all forms of birth control two weeks prior to surgery. Birth control increases the risk of blood clot formation.

Section Four:

Foods to minimize. The following foods contain aspirin like products which can cause excessive bruising. Please minimize for two weeks prior to surgery. While it may be impossible to avoid these completely, avoid them as much as possible to minimize bruising and bleeding complications.

Alcohol including Wine		
Almonds	Curry	Pickles
Apricots	Grapes	Plums
Berries	Jellies or preserves	Prunes
Cherries	Nectarines	Raisins
Cucumbers	Oranges	Tomatoes or Tomato Products
Currants	Peaches	Vinegar

Section Five:

Cigarettes/Nicotine/Smoking/Vaping. Wound Infection is one of the most common complications that can occur if you smoke. Smoking, in effect, steals oxygen from cells that are in the process of healing. Smoking is a risk factor for wound infection in any kind of surgery. Researchers have found that smokers continue to smoke are at a much higher risk of developing wounds that do not heal properly. Nicotine gum and nicotine patches are not advised for surgery patients either. The nicotine in the gum acts similarly as cigarette nicotine, interfering with the healing process in much the same manner.

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PREPARING THE SKIN AT HOME BEFORE SURGERY

Dr. Sorokin believes that preparing the skin for several days with Chlorhexidine (CHG) reduces potential infection rates. Thus, we supply each patient with 2 CHG impregnated cloth wipes to use prior to elective surgical procedures.

Chlorhexidine Gluconate antiseptic solution for you to use at home to reduce the bacteria on the skin. The steps below outline the process and should be carefully followed.

Directions:

- Do NOT shave at least 2 days prior to surgery on any areas of the body, legs, underarms, surgical site, etc. Shaving with a razor can irritate your skin and make it easier to develop an infection.
- Do NOT allow this product to come in contact with your eyes, ears, mouth or mucous membranes.
- Do NOT have any type of waxing procedure for one week prior to surgery.
- Do NOT scrub
- Do NOT use internally
- Do NOT rinse off

Prep the skin two days before surgery:

Take a bath or shower, and shampoo your hair at least one hour before prepping skin.

- Use one of the 2 cloths from the package two days before surgery.
- Place package containing second cloth in a bag (Ziploc) for use the day before surgery
- Gently wipe using the clean cloth on surgical area of the body. Gently wipe area in a back and forth motion. Do NOT scrub. Do NOT rinse off.

Prep the skin the day before surgery:

Take a bath or shower, and shampoo your hair at least one hour before prepping skin.

- Use the second cloth from the package
- Gently wipe using the clean cloth on surgical area of the body. Gently wipe area in a back and forth motion. Do NOT scrub. Do NOT rinse off.

NOTE:

- It is normal for skin to feel “tacky” after application.
- If you experience any itching or burning sensations or develop a rash, wash the area with water. Do not repeat use. Tell the nurse upon arrival in Surgical Prep Unit the day of surgery.