

OTOPLASTY

DR. GERUT'S PREOPERATIVE INSTRUCTIONS

FOR HOSPITAL SURGERY

Patients must visit the hospital BEFORE the day of surgery for pre-operative blood tests and interviews with an anesthesiologist and a nurse. Some hospitals allow the blood tests to be done at your doctor's office (if the doctor's lab is state approved) or at a private laboratory. Even if your tests are done outside the hospital, you must have a pre-surgical interview at the hospital.

FOR OFFICE SURGERY

Patients are required to have preoperative blood tests at their doctor's office or at the laboratory of their choice. The tests should be done no more than ten days before surgery and the results must reach the office no less than two days before surgery.

A MEDICAL EXAMINATION will be required before surgery. Please understand that if this is required, it is for your benefit and safety.

1. **DO NOT TAKE ASPIRIN, BUFFERIN, APC, FIORINAL, ALKA SELTZER, ECOTRIN, EXCEDRIN, ANACIN, VITAMIN E** or any other medication for two weeks before surgery except as prescribed by Dr. Gerut. **Even Advil, Motrin, Alleve, etc., should be avoided.**

If necessary you may take Tylenol. Please check with the office if there are any questions regarding medication.

2. **NO SMOKING** for at least two weeks prior to surgery as smoking **drastically** affects healing as well as lung function.

3. No more than one alcoholic drink per day as of one week before surgery as alcohol can cause excessive swelling.

4. **PRE-OPERATIVE MEDICATION** To be taken **BEFORE** surgery
(you will need only the items indicated by check mark).

Zofran Anti-nausea – Take pill 3 hours before surgery with a **sip** of water.

Vitamin K- twice a day for 5 days before surgery (not morning of surgery) Purchase at Health food store.

Shower using Hibiclens soap to ears and hair daily or twice daily for five days before surgery. This is **VERY** important to avoid infection.

Multivitamin - 1 daily

Vitamin C - 500mg 2 times a day for 5 days before surgery.

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Please stop **ALL** natural or holistic medications as they may interact with your prescribed medication and anesthesia. The one exception is arnica.

5. Please make sure you have a thermometer at home. You will need to take your temperature daily during the first week.

6. **Nothing** to eat or drink after midnight the night before surgery. **Nothing** to eat or drink the morning of your surgery except the Emend with a SIP of water.

7. Please wear loose fitting clothing that buttons or zippers down the front and low shoes or sneakers.

8. Please do not wear make-up, perfume or cologne on the day of surgery.

9. Arrange for someone to pick you up at the hospital or office after surgery and to stay with you for 24 hours. Please bring their phone number with you.

10. If you develop symptoms of illness such as a cold or a cough, call our office immediately at 516-295-2100.

11. I have been advised of the possible complications:

Bleeding

Asymmetry

Wound dehiscence

Infection

Need for revisional surgery

Suture extrusion

Relapse

Skin color change

Earlobe shape change

X _____

12. **If there are any changes in your medical condition, PLEASE let us know before surgery.**

12. **If you wish to take any sedatives on the day of your surgery your consents MUST be signed in advance.**

It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy. X _____

I have read the above instructions, my questions have been answered and I understand the instructions fully.

Patient Signature

Date

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Dr. Cerulli