



## **Pre-Operative Instructions for DIEP and Other Flap Surgeries**

### General

To ensure that there is adequate time to fill out the necessary forms and prepare for surgery, you should arrive at your designated facility at least two hours before your scheduled procedure. Family members and friends are welcome to join you.

If you are unable to have your surgery for any reason, please contact your physician's surgery coordinator as soon as possible. Also, please notify our office if you develop any illness prior to surgery.

If you need any information regarding post-operative care, recovery time, or need assistance in completion of disability or FMLA forms, please check our website.

### Medications

Your medications will be discussed in detail during your pre-admission interview. This may be with your primary care physician at home or with one of the physicians at the hospital where your surgery will be performed.

Please make sure the nurse knows about any prescription medicines, non-prescription medicines, vitamins, herbs, or supplements you may be taking.

Please bring all bottles of prescription and non-prescription items to your pre-admission interview and the day of surgery.

Some medicine such as aspirin, aspirin containing compounds, Coumadin, Pradaxa or Plavix impair the body's ability to form a clot and stop bleeding. Based on your needs, specific details on these medications will be discussed at the time of your interview.

Stop all anticoagulants one week prior to surgery

You will be instructed on what medicines you should and should not take in the days leading up to your surgery and on the morning of the surgery itself.

If you have diabetes and take insulin or another diabetes medicine, instructions will be provided on how to adjust your medicine on the day of surgery when you will not be eating.

Don't take oral hypoglycemic or insulin the morning of surgery

### The Day Before Surgery

Please contact the hospital at the phone number below for specific questions and to validate your arrival time:

- Dublin Methodist Hospital – (614) 544-8000
- Mount Carmel New Albany Hospital – (614) 775-6600
- The Christ Hospital - (513) 585-2000

It is OK to shower the evening before surgery with regular soap.

Do not shave near your surgical site. Shaving can irritate your skin, which may lead to infection.

Do not smoke on the day before surgery. This is irritating for your lungs. It is best to completely abstain from smoking for 4-6 weeks before surgery and 6 weeks after surgery to optimize healing and to minimize other adverse outcomes.

Do not eat any solid food or drink any liquids as instructed at the time of your interview. This includes water, candy, and chewing gum. No eating after MN the day before surgery

### The Day of Surgery

If you've been asked to take routine or other medicines on the morning of surgery, please take them with a very small sip of water.

Wear loose and comfortable clothing and flat shoes.

Leave jewelry and valuables at home. If you wear contact lenses, please bring your glasses with you. Please remove any body piercings.

Please arrive at the hospital at the specified time.

Because of urgent cases, there may be a delay in the start of your surgery or, your start time could be earlier than expected if last minute cancellations occur. If possible, bring something to read and arrive early.

If you receive general anesthesia, you will be taken to the Recovery Room for approximately one hour after your procedure.

If you are going to be discharged from the hospital after surgery, you will be allowed to go home when you are fully alert.

A nurse will review your post-operative instructions and prepare you for discharges from the hospital.

You will not be allowed to drive yourself home. Please make arrangements for someone to take you home.

You will be given prescriptions for antibiotics and pain medicine after surgery while you are in the hospital or during your pre-operative visit if your surgery is scheduled as an outpatient

Call your physician's office for:

- Increasing redness or pus like drainage at the incision sites
- Fever >101

Seek immediate medical attention for:

- Shortness of breath, chest pain or pain radiating to the back
- Leg cramping on one side or calf pain or calf swelling

What to bring with you:

- The legal ID you used when scheduling surgery with your doctor, and health insurance card
- Any forms that your surgeon's office asked you to complete (FMLA)
- Comfortable clothing for discharge
- Any special toiletries that you use if you are going to be admitted
- Telephone numbers of people you wish to call
- Eyeglasses instead of contact lenses
- Dentures – we will provide a container
- List of allergies you have and medications that you are taking

You will need someone to drive you home when you are discharged; the facility will not allow you to drive yourself. The facility will not release you to a cabdriver.

Important Phone Numbers and Addresses:

Midwest Breast and Aesthetic Surgery  
7450 Hospital Drive, Suite 350 Pod B  
Dublin, Ohio 43016  
Phone 855-687-6227  
Fax 855-687-6227

Pre-Admission Testing Centers:

Dublin Methodist Hospital  
Dublin, Ohio (Northwest Columbus)  
Phone (614) 544-8013  
Fax (614) 533-1850

Mount Carmel New Albany  
New Albany, Ohio (Northeast Columbus)  
Tel (614) 221-3725  
Fax (614) 775-5069

The Christ Hospital  
Cincinnati, Ohio  
Tel (513) 585-2000