

Personal Procedure Organizer & Workbook

The Truth Naked

About Plastic Surgery

Includes:

*Essential Tips For
A Successful and Organized
Experience*

*Pre-Surgery Recommendations
and Check List*

*Secrets
to A Faster & Safer Recovery*



The
Naked Truth

About Plastic Surgery

Garth Fisher, MD FACS

Personal Procedure Organizer
& Workbook

The Naked Truth
Product Company, LLC

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Model on cover.
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Contents

I. Researching a recovery retreat. 6

II. Preparing for surgery: What you need. 9

III. Medications to avoid before and after surgery. 17

IV. Pre and post-operative suggestions. 22

V. Important numbers. 25

VI. Calendar 27

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I.

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Researching a recovery retreat.

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The following questions will help you select the recovery retreat you feel is most beneficial in providing the environment most conducive to your healing.

1. Is the Administrator medically licensed?
2. Are there medically licensed individuals attending to your care?
3. Is there an R.N. on at all times?
4. What is the ratio of nurses to patients both during the day and at night?
5. Are the meals prepared to your particular specification in regards to the surgical procedure you underwent?
6. Is there a private entry?
7. Do you have to climb any steps to enter the facility (and do they have a wheelchair)?
8. Do the rooms have private baths?
9. Are there electric beds (which can adjust your body position if needed)?
10. How do the guests call for a nurse from their room?
11. What kind of vehicle provides the transportation from the doctor's office to the retreat?
12. Do they carry commercial automobile insurance? Liability insurance?
13. Will a nurse be picking you up or just a driver?
14. Do they provide transportation back to your doctor's office for next day appointments?

15. How often do the nurses come into your room?
16. Do they give injectable medications if your doctor orders them?
17. Are medical supplies provided or do you have to bring them?
18. What is the cancellation policy?
19. Are some rooms more desirable or quiet than others?
20. What miscellaneous expenses can you expect to appear on your bill?
21. What is the check out time?
22. Are there package rates?
23. Is call-screening available?
24. If needed, do they shampoo your hair before discharge and if so, is there a professional shampoo basin?
25. Does the retreat have specific visiting hours?
26. Can you visit the retreat prior to surgery?
27. Can a family member or friend stay with you at night?

**Questions provided by Maggie Lockridge R.N. and Shanteque, a Cosmetic Surgery Recovery Retreat in Los Angeles, California.

II.

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Preparing
for
surgery:

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What
you
need.

Getting Organized

Preparing for surgery: What you need

All Procedures

- Arrange to have prescriptions at your bedside.
- Arrange for adult supervision for the first 24 hours (minimum) after your surgery (Ask your doctor if you will require assistance for an extended period) .
- Arrange a driver for drop-off and pick-up on the day of surgery and for your post-operative visits.
- Be certain to have a copy of your doctor's pre and post-operative instructions and READ THEM
- Consider preparing and freezing meals for one week
- Prepare a list of phone numbers for necessary contacts (doctor's office, nurse, friends, drivers, pharmacy, hospital, and other emergency numbers)

Clothing items

- Loose fitting front zip sweat suit for doctors visits and surgery
- Loose fitting pajamas or nightgown that buttons in front (not a pullover nightgown)
- Skid free socks.

Food items

- Apple juice, Jell-O, and yogurt (to buffer stomach before taking pain medication)
- Crackers

- Frozen peas (to use as an ice pack).
- Gatorade - 7up
- Oatmeal
- Popsicles (for possible sore throat from anesthesia)
- Soup
- Water

Medication and Medical Supplies

- Antibacterial liquid soap-hypoallergenic
- Antibacterial towelettes
- Antibiotic ointment (check with your doctor for which kind).
- Cold sore medication, if needed (renew your prescription if you are prone to cold sores).
- Cotton applicators
- Emesis basin or lined trash can (in case of nausea).
- Gauze pads
- Hydrogen Peroxide
- Kleenex

- Lozenges (for possible sore throat from anesthesia)
- Stool softener (narcotics tend to cause constipation)
- Thermometer
- Towels or liners (to place beneath you to protect be linens from possible drainage)

Miscellaneous items

- Bell (to ring for assistance)
- Clear vinyl bag (to store personal items, medication, etc.)
- Cover-up (make-up for bruises).
- Flexible straws
- Cotton applicators
- Large pillows (2 or more to help position you in a comfortable way)
- Sunblock SPF 32
- Videos (for post-operative entertainment)

Abdominoplasty

- Consider getting a hand held shower head.
- Consider getting a shower chair.
- Walker

Breast Surgery

- Crushed ice (in zip-lock bags)
- Extra post-operative bra (optional front snap)
(Your doctor may provide one for you)
- Steri-strips

Eye Surgery

- Artificial tears or sterile eye drops
- Reusable cooling packs
- Crushed ice (in zip-locks bags)
- Gel eye mask
- Lacrilube (eye ointment)
- Old pillowcase or pillow protector to discard (in case it becomes soiled due to possible drainage)

- Oval eye pads
- Q-tips or sterile cotton applicators (for cleaning incision sites)
- Sunglasses

Face and Brow

- Reusable cooling packs
- Child size toothbrush (it may be difficult to open your mouth normally due to swelling)
- Consider getting a hand held shower head
- Consider getting a shower chair
- Cooling gel face mask
- Crushed ice (in zip-lock bags)
- Neck-roll
- Spray leave in conditioner/ detangler to help wash hair

Skin Resurfacing

- Artificial tears or sterile eye drops
- Ask your doctor what type of ointment (if any) he recommends
- Child size toothbrush (it may be difficult to open your mouth normally due to swelling)

- Sipper cup
- Q-tips or sterile cotton applicators (for cleaning incision sites)
- Sunglasses
- Old pillowcase or pillow protector to discard (in case it becomes soiled from possible drainage).

Liposuction

- Consider getting a hand held shower head
- Consider getting a shower chair
- Tight fitting compression garment (ask your doctor what he recommends - this is usually supplied to you at the end of surgery)

Nose

- Artificial tears or sterile eye drops
- Reusable cooling packs
- Cotton balls (for possible drainage)
- Crushed ice (in zip-lock bags)
- Gel eye mask

- Old pillowcase or pillow protector to discard (in case it becomes soiled from possible drainage)
- Paper tape
- Saline nasal spray (to help loosen any dried secretions in the nose)

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III.

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Medications
to avoid
before
and after
surgery.

If you are taking any medications on this list, you should discuss with your physician whether such medications should be discontinued 10 - 14 days prior to surgery and only Tylenol should be taken for pain. It is absolutely necessary that all of your current medications be specifically cleared by your doctor and the nursing staff prior to surgery.

This is a checklist to help you identify medications that you should discuss with your physician to see if you should avoid. This list is incomplete, therefore you should consult with your surgeon's office for more information.

Aspirin Medications to Usually Avoid

4-Way Cold Tabs	5-Aminosalicylic	Acetilsalicylic Acid
Adprin-B products	Alka-Seltzer products	Amigesic
Anacin products	Anexsia w/Codine	Argesic-SA
Arthra-G	Arthriten products	Arthritis Foundation products
Arthritis Pain Formula	Arthritis Strength BC Powder	Arthropan
ASA	Asacol	Ascriptin products
Aspergum	Asprimox products	Axotal
Azdone	Azulfidine products	B-A-C
Backacke Maximum Strength Relief	Bayer Products	BC Powder
Bismatrol products	Buffered Aspirin	Bufferin products
Buffetts 11	Buffex	Butal/ASA/Caff
Butalbital Compound	Cama Arthritis Pain Reliever	Carisoprodol Compound
Cheracol	Choline Magnesium Trisalicylate	Choline Salicylate
Cope	Coricidin	Cortisone Medications
Damason-P	Darvon Compound-65	Darvon/ ASA
Dipentum	Disalcid	Doan's products
Dolobid	Dristan	Duragesic
Easprin	Ecotrin products	Empirin products
Equagesic	Excedrin products	Fiorgen PF
Fiorinal products	Gelpirin	Genprin
Gensan	Goody's Extra Strength Headache Powders	
Isollyl Improved	Kaodene	Halfprin products
Lortab ASA	Magan	Lanorinal
Magnesium Salicylate	Magsal	Magnaprin products
Marthritic	Meprobamate	Marnal
Mesalamine		

Methocarbamol	Micrainin	Mobidin
Mobigesic	Momentum	Mono-Gesic
Night-Time Effervescent Cold	Norgesic products	Norwich products
Olsalazine	P-A-C	Oxycodone
Pabalate products	Pentasa	Pain Reliever Tabs
Panasal	Phenaphen/ Codeine #3	Pepto-Bismol
Percodan products	Robaxisal	Pink Bismuth
Propoxyphene Compound products		Rowasa
Roxeprin	Saleto products	Salfex
Salicylate products	Salsalate	Salsitab
Scot-Tussin Original 5-Action	Sine-off	Sinutab
Soduim Salicylate	Sodol Compound	Soma Compound
St. Joseph Aspirin	Sulfasalazine	Supac
Suprax	Synalgos-DC	Talwin
Triaminicin	Tricosal	Trilisate
Tussanil DH	Tussirex products	Ursinus-Inlay
Vanquish	Wesprin	Willow Bark products
Zorprin		

Ibuprofen Medications to Usually Avoid

Actron	Acular (ophthalmic)	Advil products
Aleve	Anaprox products	Ansaid
Cataflam	Clinoril	Daypro
Diclofenac	Dimetapp Sinus	Dristan Sinus
Etodalac	Feldene	Fenoprofen
Flurbiprofen	Genpril	Haltran
IBU	Ibuprofen	Ibuprofen
Ibuprohm	Indochron E-R	Indocin products
Indomethacin products	Ketoprofen	Ketorolac
Lodine	Meclofenamate	Meclomen
Mefenamic Acid	Menadol	Midol products
Motrin products	Nabumetone	Nalfon products
Naprelan	Naprosyn products	Naprox X
Naproxen	Nuprin	Ocufen (ophthalmic)

Orudis products
Piroxicam
Relafen
Sulindac
Tolmetin

Oruvail
Ponstel
Rhinocaps
Suprofen
Toradol

Oxaprozin
Profenal
Sine-Aid products
Tolectin products
Voltaren

Ibuprofen Medications to Usually Avoid

4-Way w/ Codeine
Accutrim
Anisindione
BC Tablets
Contac
Dicumerol
Emagrin
Fragmin injection
Heparin
Lovenox injection
Miradon
Pentoxifyline
Prednisone
Ru-Tuss
Sofarin
Stelazine
Tenuate Dospan
Ticlopidine
Vbramycin

A.C.A.
Actifed
Anturane
Childrens Advil
Coumadin
Dipyridamole
Enoxaparin injection
Furadantin
Hydrocortisone
Macrochantin
Opasal
Persantine
Protamine
Salatin
Soltice
Sulfinpyrazone
Thorazine
Trental
Vitamin E

A-A Compound
Anexsia
Arthritis Bufferin
Clinoril C
Dalteparin injection
Doxycycline
Flagyl
Garlic
Isollyl
Mellaril
Pan-PAC
Phenylpropanolamine
Pyrroxate
Sinex
Sparine
Tenuate
Ticlid
Ursinus
Warfarin

IV.

Garth Fisher, MD FACS

Pre
and

post-operative

Garth Fisher, MD FACS
suggestions.

Pre-operative suggestions

- MOST IMPORTANTLY - IT IS IMPERATIVE THAT YOU DISCLOSE ALL OF YOUR MEDICAL INFORMATION TO YOUR DOCTOR AT THE TIME OF CONSULTATION. A PAST ILLNESS OR SURGERY (HOWEVER “SMALL”) COULD IMPACT YOUR PROCEDURE OR ANESTHESIA.
- MAKE SURE TO FOLLOW ALL OF YOUR SURGEONS PRE-OPERATIVE INSTRUCTIONS. BE SURE TO ASK THE OFFICE NURSE OR DOCTOR FOR ANY CLARIFICATION THAT IS NEEDED.
- If you are taking medications, be sure to ask your physician whether you should take these the morning of surgery or not.
- Review The Naked Truth’s “list of medications to avoid before and after surgery”. You SHOULD consult with your surgeon’s office for a complete list of medications.
- See The Naked Truth’s “Preparing For Surgery: What you Need” list.
- Try to stop smoking for at least two weeks before your surgery.
- Provide a contact number of a family member for Doctor’s staff to call to give updates.
- Leave all valuables at home.
- Do not show up to your surgery wearing makeup or jewelry
- Body piercing -Ideally, this should be removed prior to surgery. If the piercings have been in place for over 6 weeks, generally, the opening should not close before you replace the piercings after surgery.

Post-operative suggestions

- MAKE SURE YOU FOLLOW ALL OF YOUR SURGEONS POST-OPERATIVE INSTRUCTIONS. REVIEW THEM BEFORE SURGERY AND ASK THE OFFICE NURSE OR DOCTOR FOR ANY CLARIFICATION THAT IS NEEDED.
- Make sure you show up for ALL of your scheduled post-operative appointments with your surgeon
- Try to avoid smoking or being exposed to second hand smoke during your recovery period.
- Avoid direct sunlight exposure on your scars.

Remember, not following instructions can compromise your final result!
Appointments at your doctor's office give his staff the opportunity for possible early diagnosis and treatment of complications if they arise. Do not miss them!

V.

Garth Fisher, MD FACS

Important numbers.

Garth Fisher, MD FACS

Before your surgery, you should prepare the following list of important numbers for yourself and your care taker, should you require assistance, or in the event of an emergency.

Doctor's office: _____

Nurse: _____

Surgery center: _____

Aftercare facility: _____

Hospital: _____

Pharmacy: _____

Friend: _____

Driver: _____

Other: _____

VI.

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Calendar.

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