



## Charleston Plastic Surgery and THE SURGERY CENTER OF CHARLESTON

1849 Savage Road, Charleston, SC 29407

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### Dr. Ronald P Bossert, MD Pre-Operative Instructions

You will receive a call from the Surgery Center nurse, the BUSINESS day before your surgery letting you know what time your surgery is / what time you should arrive. Please be sure we have the *correct phone number* to reach you. The Surgery Center of Charleston will call between 12-4pm **the business day before surgery**, call 843-576-2600 (if you have not heard from them)

NAME: \_\_\_\_\_ DATE OF SURGERY: \_\_\_\_\_

#### **WHO SHOULD BRING YOU**

- You must have someone to drive you to and from surgery: *no taxi, Uber, Lyft, or bus alone.*
- Limit the number of family members or friends that accompany you to 1 person, no children please.
- This is an out-patient surgery, however you **must have someone stay with you over night after your surgery.** If you do not make arrangements for someone to stay with you the night of your surgery, your surgery may be cancelled.

#### **MEDICATION**

- If you smoke, please **stop smoking at least 4 weeks before surgery AND 8 weeks after surgery.**
- **STOP** taking *Aspirin, Motrin/Ibuprofen/Aleve, Multi-vitamin (vitamin E), fish oils or other anti-inflammatory medications* **10 days prior to surgery.**
- STOP taking Phentermine, Adderall, Vyvanse, Ritalin **7 days prior to surgery**
- You may take Tylenol (all the way up to the day of surgery) if needed.

#### **DIET**

- The Surgery Center will give you specific diet instructions when they call you preoperatively.
- **No eating after midnight** on the evening prior to surgery. Up to 6 hours of your arrival time, you may have clear liquids such as water, transparent apple juice, coffee (no cream), tea (no cream), Sprite/7-UP/Ginger Ale.
- You may brush your teeth in the morning → do not swallow any water.
- **You may take your prescribed medications in the AM with a small sip of water.**
- If the patient has anything to eat or drink after the time the Surgery Center instructs you to stop eating/drinking, the surgery will be cancelled.

#### **HOW TO DRESS**

- *Do NOT wear jewelry, contact lenses, cosmetics, eye makeup, creams, or lotions the day of surgery.*
- All body piercing jewelry must be removed, including earrings.
- Leave all valuables at home.
- Wear comfortable, loose fitting clothes. **No jeans, over the head tee shirts, or clothing with zippers → please wear a button-up only.**

#### **NIGHT BEFORE SURGERY AND DAY OF SURGERY**

- Shower with mild soap and shampoo your hair.

**SURGICAL REMOVAL OF LESIONS, CYSTS OR OTHER SKIN IRREGULARITIES**

- Please be aware that upon arrival of any skin irregularity, the specimen is sent to pathology. The charge for the pathology is a separate charge from that of our office. You and your insurance carrier will be billed separately for this procedure. This charge cannot be determined until after the procedure. We use Coastal Pathology for diagnostic procedures and they will bill you for your service.

**FOR TCA PEEL**

- Discontinue using Retin-A and glycolic creams 1 week before surgery.
- On the morning of surgery, cleanse your face well and do not apply creams or moisturizers.

**WHAT TO EXPECT DAY OF SURGERY**

After checking in, you will be brought to a holding room where the nurse will prepare you for the procedure, including placing an IV and taking your vitals. Your doctor and anesthesiologist will come into the room to answer any final questions and then you will be taken into the operating room. You will be put to sleep and the procedure will be performed. Once the procedure is complete, you will be transferred to the recovery room until you are fully awake, your pain is well controlled, and you are ready to go home. The recovery room nurses will review your post-operative instructions and medications with you and your driver (caregiver). It is important to have someone with you for the first 24 hours after surgery because during the recovery period you will be groggy and may not remember the instructions you are told, this is a normal result of the anesthesia. This is when you will need the most help.

**WHAT TO EXPECT FOR FOLLOW UP VISITS**

On average, we will see you back in our Charleston Plastic Surgery offices for follow up visits at 1 week after surgery, 2 weeks after surgery, 4-6 weeks after surgery, and 3 months after surgery. Of course, if there is any reason we need to see you more often, we will make those arrangements as needed.

**\*If you develop a fever, coughs or other viral symptoms prior to your surgery, please contact the Surgery Center at 843-576-2600.\***

**FAILURE TO CANCEL YOUR SURGERY WITHOUT A ONE MONTH NOTICE PRIOR TO THE SCHEDULED SURGERY DATE WILL RESULT IN A \$500.00 NONREFUNDABLE CHARGE. EMERGENCIES WILL BE CONSIDERED \***

\_\_\_\_\_  
Patient / Parent / Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Relationship to Patient

\_\_\_\_\_  
Patient Phone Number

\_\_\_\_\_  
Printed Staff Name