

JARROD P. KAUFMAN, MD FACS  
General & Advanced Laparoscopic Surgeon

NJ State Chair: Commission on Cancer of  
the American College of Surgeons

Emeritus Chair: Melanoma Workgroup: NJ  
Governor's Task Force on Cancer Prevention,  
Early Detection & Treatment

Founding Director of the Cutaneous  
Oncology and Melanoma Program @  
Centrastate Medical Center, Emeritus

**Specializing In:**

General Surgery, Surgical Oncology,  
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Ultrasound, and Endovenous Surgery

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Complex Recurrent Hernias  
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Laparoscopic Antireflux Surgery  
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Trivex Ambulatory Phlebectomy  
Vena Cava Filters

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Ultrasound Guided Breast Biopsy and Fine  
Needle Aspiration of Thyroid  
Abdominal Ultrasound  
Lymph Node Ultrasound

**Location:**

525, Route 70, East  
Suite 1B  
Brick, NJ 08723.

Office (732)-262-1600  
Fax (732)-262-1606

# PREMIER SURGICAL & VEIN CENTER LLC

General & Advanced Laparoscopic Surgery

Dear Patient;

Your physician has recommended surgery for you. We will first be contacting your insurance company to see if authorization is required for your procedure, and then we will contact you to schedule your procedure. We call patients on Tuesday & Thursdays (**those are the days I do not see patients**) so please be patient. If for some reason you are not called within a week please feel free to contact us.

Prior to your surgery you may need to go for pre-admission testing and/or medical clearance, if this is required you will need to schedule an appointment to see your primary care physician. Depending on your medical condition additional clearances may be required from one of your other physicians. **Without his/her written clearance, surgery is not possible.**

Prior to your scheduled surgery, we will also schedule you for your pre-operative appointment with your surgeon. This appointment is required to be given further instructions, review all test results and medical clearances, sign consents, etc. We will also schedule your post operative appointment on that day.

**Seven to Ten days prior to surgery discontinue all medications that contain aspirin or anti-inflammatory medications (NSAIDS) and/or anticoagulation's (blood thinners).** A list of medications to avoid prior to surgery is attached. If you have any doubts about the medications that you need to stop for surgery, please check with your primary care physician or pharmacy.

The hospital or surgery center will contact you the day before your procedure, they have up until 8PM to call you with specific instructions as well as to when you will need to arrive. If you don't hear from anyone with your arrival & instructions please call the facility where your procedure will be done (**phone numbers & address is listed on the back of this page**).

If you have any further questions please feel free to call our office @ 732-262-1600.

Thank you.

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**CENTRASTATE MEDICAL CENTER**  
**901 WEST MAIN STREET**  
**FREEHOLD, NJ 07728**  
**732-431-2000**

**OCEAN MEDICAL CENTER**  
**425 JACK MARTIN BLVD**  
**BRICK, NJ 08723**  
**732-840-2200**

**JERSEY SHORE MEDICAL CENTER**  
**1945 ROUTE 33**  
**NEPTUNE, NJ 07753**  
**732-775-5500**

**CENTER FOR AMBULATORY & MINIMALLY  
INVASIVE SURGERY**  
**(CAMIS) 234 INDUSTRIAL WAY WEST,**  
**BUILDING B, STE. 101**  
**EATONTOWN, NJ 07724**  
**732-440-4900**

**LAKEWOOD SURGICAL CENTER**  
**1215 ROUTE 70**  
**LAKEWOOD, NJ 08701**  
**732-719-1800**

**OLD BRIDGE AMBULATORY SURGERY  
CENTER**  
**400 PERRINE ROAD**  
**SUITE 408**  
**OLD BRIDGE, NJ 08857**  
**732-553-9222**

**MONMOUTH MEDICAL CENTER**  
**SOUTHERN CAMPUS**  
**600 RIVER ROAD**  
**LAKEWOOD, NJ 08701**  
**732-363-1900**

## **MEDICATIONS TO AVOID PRIOR TO SURGERY**

A handy guide to use when your physician tells you not to take aspirin, aspirin containing compounds, non-steroidal anti-inflammatory medications (NSAIDS), and/or anticoagulants (blood thinners) prior to surgery.

### **AVOID USING ANY OF THESE 7-10 DAYS BEFORE SURGERY ASPIRIN AND SALICYLATE PREPARATIONS**

Alka Seltzer Products	Enteric Coated Aspirin	Salsitab
Amgesic	Equagesic	Sodium Salicylate
Anacin Products	Excedrin Extra-Strength	Sodium Compound
Argesic	Fiorgen PF	Soma Compound
Arthra G	Fiorinal	Supac
Arthritis Pain Formula	Gelpirin	Synalgos-DC
Arthritis Strength Bufferin	Genprin	Talwin Compound
Arthropan	Gensan	Trillisate
Ascriptin Products	Goody's Headache Powders	Vanquish
Aspergum	Halfprin	Wesprin
Aspirin Products	Isollyl Improved	Zorprin
Aspirin Suppositories	Lanorinal	
Axotal	Lortab ASA	
Azdone	Magan	
BAC	Magnaprin Arth. Strength	
B C Power Arthritis Strength	Magsal	
B C Cold Powder Multi-symptom	Methocarbamol with ASA	
B C Tablets	Micranin	
Bismatrol	Mobidin	
Bufferin Products	Mobigesic	
Buffets II	Momentum Caplets	
Butaubital Compound	Monogesic	
Butaubital ASA Caffeine	Norgesic	
CAMA Arthritis Pain Reliever	Orphengesic	
Carisaprodol Compound	Pain Reliever Tablets	
Damason-P	Pabalate	
Darvon Compound-65	Panasal 5/500	
Disalcid	Pepto-Bismol	
Doan's	Percodan	
Dolobid	Pink Bismuth	
Dristan Sinus Caplets	Propoxyphene Compound-65	
Easprin	Robaxisal	
Ecotrin	Saletto	
Empirin	Salflex	

## AVOID USING THESE 7-10 DAYS BEFORE SURGERY

### NON-ASPIRIN PREPARATIONS

Aches-N-Pain	Ibutabs	Nuprin
Actron	Indocin	Orudis
Advil	Indomethacin	Orudis KT
Aleve	Ketoprofen	Oruvail
Anaprox	Lodine	Pamprin-IB
Ansaid	Meclofenamate	Pediaprofen
Cataflam	Melcomen	Piroxicam
Clinoril	Medipren	Ponstel
Daypro	Midol	Relafen
Excedrin IB	Motrin	Rufen
Feldene	Motrin IB	Sulindac
Fenoprofen	Nalfon	Tolectin
Genpril	Nalfon Pulvule	Tolmentin
Haltran	Naprelan	Toradol
Ibuprin	Napron X	Trendar
Ibuprofen	Naprosyn	Voltaren
Ibupro HM	Naproxen	

**CELEBREX & VIOXX MAY NEED TO BE HELD PRIOR TO SURGERY ACCORDING TO THE SURGEON'S PREFERENCE**

**THE MEDICATION LISTED BELOW WILL BE STOPPED A FEW DAYS BEFORE SURGERY AS DIRECTION BY YOUR PHYSICIAN:  
ANTICOAGULANTS AND ANTIPLATELET AGENTS**

COUMADIN or WARFARIN  
DYPYRIDAMOLE or PERSANTINE  
HEPARIN      LOVENOX      PRADAXA      XARELTOTICLOPIDINE  
TRENTAL                      PLAVIX

**MANY OVER THE COUNTER DRUGS CONTAIN ASPIRIN (ACETYLSALICYLIC ACID) OR IBUPROFEN. CHECK THE DRUG LABEL FOR THIS INFORMATION. DO NOT TAKE THESE DRUGS PRIOR TO SURGERY!**

### **HERBAL PRODUCTS:**

Ephedra (Ma Huang) discontinue at least 24 hours prior to surgery- drug interaction with anesthetic drugs  
Garlic discontinue 7 days prior to surgery- inhibits clot formation  
Ginkgo discontinue 36 hours prior to surgery- inhibits clot formation  
Ginseng discontinue 7 days prior to surgery- inhibits clot formation  
Kava discontinue 24 hours prior to surgery- drug interaction with anesthetic drugs  
St. John's Wort discontinue 5 days prior to surgery- drug interaction with anesthetic drugs  
Flaxseed oil, Fish O.L Grape Seed, Black Cohash, Vitamin E 400 mg or over discontinue 7-10 days prior to surgery

**Multi Vitamins are fine- You do not need to discontinue prior to surgery**

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## **General Instructions for Surgical Patients** **BEFORE SURGERY**

1. 5 days prior to your surgery please shower daily with Hibiclens. It can be purchased over the counter, ask the pharmacist if you cannot locate it.
2. 7 days prior to your surgery apply Bactroban ointment twice a day in your nasals.
3. 2 days prior to your surgery begin taking Colace stool softener 100mg twice a day and continue taking after surgery as long as you are taking the pain medication that will be prescribed to you. Colace can be found at any pharmacy over the counter.
4. The morning of your surgery do not apply any lotion, deodorant, powder.
5. **DO NOT TAKE ANY ASPIRIN OR NON-STEROIDAL ANTI-INFLAMMATORY DRUGS 7-10 DAYS PRIOR TO YOUR SURGERY.**
6. Stay out of the sun or tanning booths two weeks prior to your surgery.
7. Stop smoking six weeks prior to your surgery & six weeks after your surgery. Patients who take nicotine have a significantly higher risk of complications. Smoking cessation can be arranged if you desire.
8. Report any signs of cold, fever, infection, boils and/or pustules appearing two weeks prior to your surgery.
9. Make arrangements for any driving and/or childcare as necessary. Have someone available to drive you home from surgery. An adult should be with you for the first 24 hours after your surgery. You will not be able to leave the hospital and/or surgery center alone or drive a car for at least 24 hours after surgery or for as long as you are taking pain medication. Remember it is illegal to drive while under the influence of narcotics.
10. Have nothing to eat or drink after midnight the night before your surgery. Refrain from the use of alcohol or drugs for at least 48 hours prior to surgery and for one week after your surgery.
11. Wear loose fitting clothing the day of surgery. Do not wear any jewelry.
12. Do not wear contact lenses or nail polish the day of your surgery.
13. Please bring your identification, insurance card and a list of your daily medications with you the day of your surgery.

## General Instructions for Surgical Patients AFTER SURGERY

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Following your surgery you may experience some of the following symptoms; **PAIN, SWELLING, BRUISING, OOZING AND/OR MINIMAL BLEEDING** from the surgical site, constipation and/or gas or fever less than 100.5. These are **normal** but should any of these symptoms be severe or should you have any concerns during your post operative healing process please call our office @ 732-262-1600.

### **PLEASE REFER TO THE FOLLOWING;**

**Post Operative Appointment:** If you do not have an appointment already scheduled for after your surgery please call our office. You are to be seen within 7-10 days after surgery for staple/suture removal and post operative follow-up.

**Driving:** It is recommended that you not drive until after your post operative appointment.

**Showering/Dressing Change:** You may shower 48 hours after your surgery. Your surgical site will be covered with a bandage, remove the bandage before you shower. If the bandage sticks to the surgical site moisten it with water and carefully remove the bandage. **DO NOT LET THE FORCE OF THE SHOWER HIT DIRECTLY OVER THE SURGICAL SITE. DO NOT RUB.**

Resume your anti-Coagulation medication 24 hours after your surgery unless directed otherwise.

Do not lift anything weighing more than 30lbs. for 4-6 weeks after your surgery.

If you were given a special diet follow it for six weeks after your surgery.

Drink at least 6-8 glasses of liquids daily. If you have not had a bowel movement within 24 hours after surgery you may take a gentle over the counter laxative such as Miralax. If this is not effective, please contact our office @ 732-262-1600.

Refrain from strenuous physical activity until further evaluation at your post operative visit.

If you were instructed to wear a compression garment, it is to be worn for two weeks.