



TAMPAY  
BODY SCULPTING

**Pre - Operative Instructions:** Please refer to this guide as a checklist as you approach your scheduled surgery date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your scheduled surgery may be postponed temporarily or permanently.

**Medications:** There will be 3 medications called into your pharmacy the Friday prior to your surgery: an Antibiotic, a Pain Reliever, and a Sedative. Please start the antibiotic 24 hours prior to surgery. Please bring **ALL** medications to surgery.

**Please stop the use of the following medications 2 weeks prior to surgery:** Aspirin and medication containing Aspirin, Ibuprofen and anti-inflammatory agents, Fish Oil, Flax Seed, Vitamin E, Green Tea, St John's Wort, Omega3, and all other medications listed on attached sheet.

**Supplies needed at home before surgery:** Sterile Gauze: 4x4, Surgical tape, Bandages, Water Proof Bandages, Antibiotic Ointment- Neosporin or Bacitracin, Arnica Cream or Gel, Extra Strength Tylenol, Ice Packs, and Maxi Pads for incision sites.

**1-2 Weeks Prior to Surgery:** Drink plenty of fluids and **stop smoking** at least 2 weeks prior to surgery. Smoking can greatly impair your ability to heal. You must also be free of any nicotine patch or nicotine-based products at 2 weeks prior to surgery. Please advise our office of any serious illnesses or changes in your health **IMMEDIATELY**. **Pre-Operative Testing:** Make certain to schedule all pre-operative testing and clearance that has been advised by doctor ahead of time. **Fat Transfer Instructions:** If you are having fat transferred to the buttocks, breast, or face please keep in mind that you will **NOT** be able to compress that area nor be able to sit with weight on that area for 4 weeks following surgery. We advise the use of the Brazilian Butt Lift pillow. Please Plan for someone to help assist and care for you at least 24 hours following your scheduled surgery. **Avoid Sun Exposure:** Sun damaged skin can produce a higher risk of irregular scars and/or cause pigmentation irregularities following surgery. **Relax:** Please make sure to relax. Stress and anxiety can affect the surgical process. Although anxiety is common, any serious stress or distress over the thought of surgery must be discussed with our doctor and staff prior to your scheduled surgery. Our staff is here to support you and answer any questions or concerns that you may have.

**1 week prior to surgery:** Please confirm your day of surgery plans. This includes your means of transportation and after-care help. Review your prescription orders and instructions. Purchase medical supplies prior to surgery date. Confirm all lab results if you were advised by Dr. to have tests taken. Confirm all paperwork. NO smoking or alcohol intake. Relax- Please call our office for any questions or concerns leading up to your scheduled surgery.

**Surgery Day: Please bring the following with you to surgery:** all medications you are currently taking, your post surgical garment, and a form of ID. Do not wear jewelry, body piercings, or nail polish/acrylic nails. Please wear comfortable, clean, loose-fitting clothes. Do not wear jeans or any tight fitting clothing. (If you use the following, take blood pressure medication and beta-blockers in the morning). Eat a light meal prior to surgery.

### **Medications To Avoid Prior To Surgery**

4- way Cold Tablets Aspirin Tabs  
A.S.S. Enseals Aspirin X-Strength Tabs  
A.S.S. Tablets Aspirin X-Strength Tabs  
Aches-N-Pain Aspirin Tabs  
Acoda #3 Aspatab  
Addaprin Asprtab Max Strength  
Adlevika Axotal Tablets  
Advil Adzone Tablets  
Advil Cold & Sinus Caplets Back-Quell  
Advil Ibuprofen Tablets and Caplets Bayer Aspirin Tablets  
Advil Suspension (Children's) Bayer Children's Aspirin  
Aleve Tablets Bayer Aspirin Max. Strength Caplets  
Alka-Stelzer (flavored) antacid Bayer Aspirin Max. Strength Tablets  
Alka-Stelzer (flavored) antacid and pain reliever Bayer Children's Cold Tablets  
Alka-Stelzer Effervescent antacid and pain reliever Bayer Aspirin (Therapy) Caplets  
Alka-Stelzer Effervescent Tablets Bayer Time-Release Aspirin Tablets  
Alka-Seltzer Extra Strength BC Cold Powder Non-Drowsy Formula  
Alka-Seltzer Plus Cold Medicine Tablets BC Powder, Arthritis Strength  
Anacin Arthritis Formula BC Tablets and Powder  
Anacin Coated Analgesic Tablets Buf-Tabs  
Anacin Coated Analgesic Caplets Buff-A Comp No. 3 Tablets (Codeine)  
Anacin Maximum Strength Analgesic Tablets Buff-A Comp Tablets and Capsules  
Anacin Tablets and Capsules and Caplets Buffaprin Tablets Anaprox Tablets Buffasal  
Anaprox DS Tablets Bufferin Analgesic Tablets and Caplets Anodynos Tablets Bufferin, Tri-buffered Tabs  
Ansaid Tablets Bufferin, X-Strength Tri-Buffered  
Aqua Mephyton Amps (Vitamin K derivative) Bufferin, Arthritis Strength  
Argesic Tablets Bufferin with Codeine No. 3 Tablets Arthralgen Tablets Buffets II Tablets  
Arthritis Pain Formula Tablets Buffinol Tablets  
Arthritis Strength Bufferin Tablets Butalbital Compound Tabs  
Arthritis Strength Bufferin Analgesic Caplets Butazolidin Caplets  
Arthropan Liquid Butazolidin Tablets  
Arthrotec Tablets Came Arthritis Pain Reliever

Ascriptin A/D Caplets Carisoprodol Comp.(Soma)  
Ascriptin A/D Tablets Celebrex Capsules  
Ascriptin with Codeine Tablets Clinoril  
Ascriptin X-Strength Caps Codoxy Tabs  
Asperbuf Tablets Congesprin Chewable Tablets  
Aspergum Cope Tablets  
Aspercreme Coricidin D. Decongestant Tablets  
Aspirin Uniserts (Rectal) Coricidin Tablets  
Aspirin 15gram Delayed Release Tablets Cosprin Tablets Aspirin 800mg Tablets Cosprin 325 Tablets  
Aspirin 800mg SR Cosprin 650 Tablets  
Aspirin and Codeine Phosphate Tablets Coumadin  
CP-2 Tablets Halfprin  
Damason-P Haltron Tab  
Darvon Compound Pulvules Hep-Lock  
Darvon Compound-65 Heparin  
Darvon with A.S.A. Pulvules Ibufen-200  
Dasin Capsules Ibuprin  
Daypro Caplets IBU-TAB Ibuprofen Tablets  
Diflunisal Tablets Ibuprofen Tablets  
Dinol Tablets Idenal Tab  
Dimetapp Sinus Caps Indocin Sup./Oral Suspension/SR Capsules  
Disalcid Tablets/ Capsules Indomethacin Caplets  
Doan's Pills Isollyl Improved Capsules  
Dolobid Tablets Ketoprofen  
Double-A Tablets Lanorinal Tablets  
Dristan Sinus Caplets Listerine  
Dristan Menthol Lodine Caplets  
Duoprin Capsules Lodine Tablets  
Duoprin-S Syrup Lortabl ASA Tablets  
Duradyne Tablets Magan Tablets  
Easprin Tablets Magnaprin Arthritis Strength Tab EC-Naprosyn Delayed Release Tablets Magsal Tablets  
Ecotrin Duentric Marnal Capsules  
Ecotrin Max. Strength Duentric Maximum Bayer Aspirin Ecotrin Enteric Coated Aspirin Maximum  
Strength Maximum Strength Arthritis Pain Formula(Anacin)  
Ecotrin Enteric Coated Aspirin Regular Strength Tab Maxiprin-15  
Ecotrin Tablets McNess Pain Tabs  
Efficin Tablets Measurin Tablets  
Elderly Mecofenamate Capsules  
Emagrin Tablets Mefenamic Acid  
Empirin Tablets Meclomen Caplets  
Empirin with Codeine Tablets Medipren Ibuprofen Caplets and Tablets  
Enteric Coated ASA Menadol- IB  
Equagesic Tablets Megaprin  
Equazine- M Tabs Mephyton Tablets (Vitamin K)  
Excedrin Extra-Strength Analgesic Tablets and Caplets Mepro- Analgesic #2  
Excedrin Tablets and Caplets Meprobamate and Aspirin Tablets  
Feldene Caplets Methocarbamol with Aspirin Tablets Fenoprofen Tablets Micrainin Tablets  
Fiogen Tablets Midol Caplets  
Fiorinal Capsules Mobidin Tablets  
Fiorinal Tablets Mobigesic Tablets  
Fiorinal with Codeine Mobisylcreme  
Flexeril Momentum Muscular Backache Formula  
Fortabs Tablets

FungiCure Motrin (All Motrin Products)  
 Gaysai-S Tablets Motrin (Children's)  
 Gelpirin Tablets Myofluxcreme  
 Gemnisyn Tablets Nabumetone (Relafen)  
 Genacote Nalfon Caplets/Capsules, Genacote Max. Strength Nalfon Tablets  
 General Napreelan Tablets  
 Genprin Film- Coated Tab Naprosyn Susp.  
 Gensan Naprosyn Tablets  
 Goody's Headache Powder Naprosyn Sod. Tablets, Goody's X-Strength Tabs Naprosyn Sod. Tablets  
 Naproxen Tablets Neocylate Tablets  
 Norgesic and Norgesic Forte Tablets Norgesic Forte Tablets Norwich Extra Strength Aspirin Norwich  
 Aspirin Tab  
 Nuprin Ibuprofen/Analgesic Tablets & Caplets Nuprin Orudis Orphengestic  
 Os-Cal-Gesic Tablets Oruvail Capsules  
 Pabalate- SF Tablets Pabalate  
 P-A-C Revised Formula Pain Reliever Tabs  
 Pamprin Max. Pain Relief Caplets PediaProfen Suspension Pepto-Bismol Tablets and Suspension  
 Percodan and Percodan-Demi Tablets  
 Persistin Tablets Phenylbutazone  
 Ponstel Kapseals Propoxyphene HCl/Aspirin Formula Propoxyphene Compound- 65 Relafen Tablets  
 Regular Strength Ascription Tablets Robaxisal Tablets Rowasa (5-ASA) Roxiprin  
 Rufen Tablets S-A-C-T Tablets  
 Saleto Tablets Salicysal  
 Salocol Tablets Sine-Off Sinus Medicine Tablets-Aspirin Formula  
 SK-65 Compound Capsules Sloprin  
 Soma Compound Tablets Some Compound with Codeine Tablets  
 St. Joseph Aspirin for Children St. Joseph Cold Tablets for Children, St. Joseph's Adult Chewable Aspirin  
 Caps Stanback Tablets and Powder  
 Salflex Tablets  
 Sulindac Supac  
 Tupac Tablets Surasal Tablets  
 Synalgos Capsules Synalgos-DC Capsules  
 Tablets and Caplets Talwin Compound  
 Talwin Compound Tablets Tenstan Tablets  
 Ticlid Tolectin DS Caplets/Tablets Tolectin  
 Tolmetin Tablets  
 Tolmetin Caplets Torado IM  
 Toradol Tablets/IM Injections ToradolSyrup  
 Triaminicin Tablets Tricosal  
 Tri-gesic Trilisate Tablets/Liquid  
 Uracel-5 Ultraprin  
 Valprin Uvsinus Inlay Tabs  
 Verin Vanquish Caplets  
 Voltaren Ophthalmic Sol. Voltaren Tablets/X-R Tablets Yutopar Tablets Vioxx  
 Any over-the-counter cold medications