



NORTHEAST PLASTIC SURGERY
CENTER

5 Davis Road East
Old Lyme, CT 06371

Tel 860.390.6000
Fax 860.215.8150

info@northeastpsc.com
www.northeastpsc.com
Vinod V. Pathy, MD, FACS
Megan J. Phillips, PA-C

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Breast Reconstruction: Free Flap Pre-operative Instructions

- Your scheduled surgery date is _____.
- Your procedure will be performed at _____.
- You should call Surgical Booking at _____ one business day prior to your scheduled procedure to determine as to when to arrive to the facility.

- Labwork has been ordered for you in preparation for your surgery, which may include an EKG and/or a chest X-ray as well. Please complete all tests at least 2 weeks prior to your procedure, but no more than 4 weeks before your scheduled surgical date.

- If you smoke or use any other nicotine products (including the patch or gum), please stop at least 3 months prior to surgery. You should refrain from nicotine products for at least 6 weeks following your surgery as well. Smoking reduces circulation and can therefore result in wound healing impairment.

- You have received prescriptions for _____ as a post-operative antibiotic and _____ for post-operative pain relief. Please plan to take Colace post-operatively to limit abdominal straining and constipation. Please fill your prescriptions prior to your surgical date.

- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week prior to as well as following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.

- Please purchase Bacitracin ointment, Telfa Gauze 3"x4" nonadherent dressings, and 1" surgical paper tape from your local pharmacy prior to your surgery, as you will need them for post-operative dressing care.

- Do not eat or drink anything starting at midnight on the night before your surgery. If discussed at your pre-operative visit, you may be able to take selected medications with a sip of water on the morning of your surgery.

- Wear a large, front-closure shirt to the hospital on the morning of your surgery.

Please contact us with any additional questions or concerns.