



GENERAL INSTRUCTIONS



BEFORE SURGERY • PATIENT CARE

Before surgery, prepare your life to be as simple as possible for two weeks. Purchase groceries and household supplies in advance. Prepare single serving meals and freezing them for easy use.

Consider stocking up on microwave dinners and juice boxes. This will be extremely helpful while you are healing and unable to cook.

Bring things you'll need down from shelves so you won't be reaching above your shoulders (this is especially important if you are having Breast Augmentation).

Have plenty of pillows on hand, you will need to sleep in an elevated position for the first few days to avoid swelling if the surgical site is above the waist.

Clean the house so you won't have to contend with it when you're feeling down. Most people feel better with pain medication which can bring out the cleaning bug in all of us. Remember this is your time to heal and is not a good time to clean. It is best if done before hand.

You will need to arrange for transportation for the day of surgery and your follow-up appointment. Anticipate that you will not be able to drive for 4-5 days or while you are on pain medication.

You must have a friend or family member watch you during your first night after surgery (this is mandatory). This person should be able to refresh your ice packs as needed, give you fluids, and prepare your food, check on you throughout the night and most importantly recognize if there are any problems and contact your surgeon in case of an emergency.

DAY BEFORE SURGERY

Several days before your surgery you will meet with your surgeon one more time to review the plan and post-operative care. In addition, you will need to go to your pre-op appointment at the surgery center for anesthesia testing. Payments for surgery will be done at these appointments. We will try to coordinate these appointments.

Don't bring your valuables or wear any jewelry (no rings, earrings, chains, toe rings, watches or other metal piercing, such as tongue and nose rings. This can interfere with anesthesia.

If you have a body piercing that cannot be removed, please contact the office to find out what your options are, it may be able to be taped.

If you wear contacts, remove them the morning of surgery. Wear your glasses instead, it's also a good idea to bring the eyeglasses case to store them while you're in surgery.

Wear comfortable clothing. We suggest dark, loose-fitting clothes you do not need to put over your head. The best items are a button up or zip-up top and pull on pants. The velour pant and hooded sport suits from Victoria Secret or Juicy Couture suites are perfect. Warm socks are also nice.

If you have long hair, make sure you bring a hair clip for after surgery.

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Sunglasses and a big soft floppy hat are not a bad idea for patients that are having a face lift and/or eyelid surgery. Just make sure that the hat is loose fitting and made of soft materials (not straw). This is your chance to feel like a movie star.

PATIENT PAYMENT PLANS

For Cosmetic Surgery:

We accept Care Credit to assist our patients with paying for their procedure.

Care Credit offers no interest plans for 6, 12, 18 and 24 months, which allow patients to pay over time with low minimum monthly payments without incurring interest charges.

Care Credit offers payment plans for 24,36,48, or 60 months at interest rates from 14.9-16.9% for patients who want more time to pay with fixed, low monthly payments.

From your smartphone: www.mobile.carecredit.com

Please feel free to call our office and for information on the payment plans available.

PRE-OPERATIVE TESTING/LABS

All patients having surgery may need to have blood work/testing prior to surgery. Patients may need:

- Comprehensive Blood Count (CBC)
- Urinalysis
- Basic Metabolic Panel (BMP)
- EKG (depending on age)

Whether or not you need these labs and test will depend on your medical condition. The anesthesiologist will review your records to determine if you need to have this done.

If you are having surgery in the hospital, the tests will be done at your facility pre-operative visit if necessary.

CHOOSING THE BEST PLASTIC SURGEON FOR YOU

Questions to ask before booking your surgery.

1) Is the surgeon board certified by the American Board of Plastic Surgery?

Certification by the American Board of Plastic Surgeons ("ABPS") represents extensive training and continued education efforts by dedicated surgeons. All surgeons at Palm Aesthetics are fully board certified by the ABPS. There is only one governing board for plastic surgeons and that is the ABPS. The following symbol indicates board certification:



2) Is the surgeon authorized to perform the procedure in a hospital in town?

All hospitals verify training and education and they only allow surgeons who are adequately trained for specific procedures to perform them in their hospital. They also have committees in place that monitor potential problems to help insure patient protection. Dr. Van Vliet is qualified to perform any plastic surgery procedure at the following locations:

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- Blake Medical Center
- Doctor's Hospital of Sarasota
- South Shore Hospital
- Brandon Regional Hospital
- Lakewood Ranch Medical Center
- Manatee Memorial Hospital

3) Do you feel comfortable with the surgeon and staff?

You should always feel comfortable with your selected surgeon and never feel hesitant in asking them questions. Your surgeon should take the time to discuss the pros and cons of your procedure, as well as your expected outcome, the surgical process, a recovery timetable and any other questions related to your procedure. This can help reduce the stress associated with your surgery and, ultimately, help improve your outcome.

4) Will the procedure be performed in a certified facility?

Your health should be the primary concern and certain procedures need to be done in a sterile surgical facility. Whenever anesthesia is used, you will want to be adequately monitored. Going to a certified facility helps guarantee that you are in a safe environment. All locations where Dr. VanVliet operates are fully certified and conform to the highest standards of care.

5) What is the surgeon's policy for revisions?

While we always hope for an uneventful recovery, once in a while a minor procedure enhancement is required in order to get the best result. Please call our office and ask to speak with our Patient Coordinator to discuss your concerns and possible solutions.

HOMEOPATHIC REMEDIES

May help reduce bruising and swelling.

- Arnika Forte - A combination of arnica Montana, bromelain and grape seed extract that may promote a faster recovery from bruising, swelling and pain associated with soft tissue injuries. For best results, start taking 2 capsules with 4 oz. of water the day after surgery.
- Bromelain - Made from the proteolytic enzyme from the stems of pineapples, this can help reduce swelling after surgery. Recommended dosage is 800-1000mg via 2 capsules per day for 3 days before & 7 days after surgery.
- Arnica Montana - Long used in Europe to decrease swelling, soreness and bruising, this is a less intensive formulation than Arnika Forte.
- Vitamin C - It is recommended to take at least 1 gram per day for one week prior to surgery. Dosages should also continue for several weeks after surgery.
- Vitamin A - Aimed at improving wound healing and boosting the immune system, a dosage of 10,000 IU per day is recommended. NOTE: Women who are pregnant SHOULD NOT take Vitamin A.
- Acidophilus - This supplement can be used to prevent yeast infections and fatigue.
- Protein - Also up your protein intake and watch your sodium.
- Iron Supplements - Take 2 tablets once a day.

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- Drink plenty of water after surgery.
- Stop taking two weeks before surgery - Vitamin E supplements over 500mg, Garlic, EPA, Hawthorn berry and selenium supplements prior to surgery. These supplements have been shown to decrease the ability of blood to clot normally.

While homeopathic medicines are not FDA approved, they have been proven to provide some assistance in the surgery preparation and recovery process.

HEALING BODY & MIND

After your procedure, what is perhaps the hardest part of the surgical process begins: healing. It's imperative to keep in mind that the healing process is different for every patient, even if the patients have experienced the same procedure.

Most importantly, you need to allow your body time to heal. During that time, you may not think you are progressing as quickly as you should be. Ask us, and then trust us: Our experience lets us know the signs of a good recovery. If we have concerns, we will tell you. If we say you are healing wonderfully, you are. We want to facilitate your recovery, both physically and emotionally.

Please consider the following circumstances that could affect your healing process:

- Your mental approach to your recovery can significantly affect your healing process. Talking with others about your experience can help alleviate some of your anxiety. However, these conversations may make you more anxious and concerned about your healing. It is common to be impatient for the results you want and this can leave you a bit depressed during this time. Again, if you have concerns, talk to us. We are here to support you in your recovery.
- Your overall health can significantly affect your healing process. Make sure you are eating appropriately, staying hydrated, taking the correct medications and being as active as allowed in the days and weeks following your surgery. We want the whole you to benefit from this surgery and outcomes are most successful when you fully participate in the healing process.
- Your cooperation can significantly affect your healing process. It is important to follow our recommendations and instructions as closely as possible. We want the best possible outcome for you and all our efforts are focused on that goal.

You may experience some form of complications as the result of your procedure. These can be minor or major, but our approach is the same: We want you to get better and we need your full cooperation for that to happen. We are working as a team during your recovery with you playing a center role. We need to trust one another as we work towards the same goal, a successful result.

We are committed to your healing process and will be here with you every step of the way.

PRE-OPERATIVE SHOPPING LIST

The following is a list of items that will help improve your recovery.

- Prescriptions - have your prescriptions filled a few days prior to surgery just in case you run into any complications with your medications at the pharmacy. You will be given prescriptions at your pre-operative appointment.
- Tylenol Extra Strength and Motrin, or Generic form of this drug - once you no longer need the prescription strength pain medications. Motrin only to be used 48 hours after surgery. Vitamins and Supplements - Multivitamin,

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Bromelain, Arnika (Arnika Forte) to take prior to surgery and during your recovery for maximum health.

- Scar Treatment - Silicone sheets and NewGel+ for scar healing after surgery.
- Abdominal "ABD" Pads - Recommended to avoid infection from incision rubbing against girdle/bra after surgery.
- Germ-inhibiting Soap - such as Dial, Safeguard, or Lever 2000 to bathe with prior to surgery and continue with for a month after to minimize infections.
- Straws - you need to drink a lot of fluids after surgery and straws will help you drink more.
- Laxative - Dehydration and taking too many prescription drugs may cause constipation. Magnesium Citrate is the best! It's available at Walgreens in Lime or Cherry, it's in a liquid form.
- Gentle Foods - to encourage eating and not upset the stomach initially. Stay away from foods that contain a lot of salt and M.S.G.
- Clear Soda (not diet) - Ginger Ale, 7-Up, Sprite, Propel, Gatorade, Boost Plain Crackers - Low-sodium or Toast
- ProBiotics/Acidophilus - eat plenty of yogurt after surgery and/or start on an Acidophilus (probiotic) supplement to avoid causing an imbalance in the body that may lead to yeast infections.

MEDICATIONS TO AVOID

If you are taking any medications on this list, they should be discontinued 2-weeks prior to surgery and only acetaminophen- products, such as Tylenol, should be taken for pain. All other medications, prescriptions, over-the-counter and herbals that you are currently taking must be specifically cleared by your surgeon prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your surgeon and the nursing staff.

Please Note: This list is not comprehensive and may not include some medications you should avoid. Just because it is not of this list does not mean that it is safe to take while preparing for surgery.

ANTI-COAGULANTS TO AVOID

- Anisindione (Miradon)
- Apixaban (Eliquis)
- Dabigatran (Pradaxa)
- Edoxaban (Savasya)
- Enoxaparin (Lovenox) Injection
- Heparin Injection
- Pentosan Polysulfate (Elmiron)
- Rivaroxaban (Xarelto)
- Warfarin (Coumadin)
- Dipyridamole (Persantine)
- Dipyridamole/Aspirin (Aggrenox)staff.

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ANTI-PLATELET AGENTS TO AVOID

- Anagrelide (Agrylin)
- Aspirin (any brand, all doses including "baby aspirin")
- Cilostazol (Pletal)
- Clopidogrel (Plavix)

IBUPROFEN MEDICATIONS TO AVOID

- Diclofenac (Volatren, Cataflam)
- Diflunisal (Dolobid)
- Etodolac (Lodine)
- Fenoprofen (Nalfon)
- Flurbiprofen (Ansaid)
- Ibuprofen (Motrin, Advil, Nuprin, Rufen)
- Indomethacin (Indocin)
- Ketoprofen (Orudis, Actron)
- Enteric Coated Aspirin (Ecotrin)
- Ticlopidine (Ticlid)
- Meloxicam (Mobic)
- Nabumeton (Relafen)
- Naproxen (Naprosyn, Naprelan, Aleve)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Salsalate (Salflex, Disalcid)
- Sulindac (Clinoril)
- Sulfapyrazone
- Tolmetin (Tolectin)
- Ketorolac (Toradol)
- Meclofenamate (Meclomen)

HERBS AND VITAMINS TO AVOID

- Ajoene
- Birch Bark
- Cayenne
- Chinese Black Tree Fungus
- Cumin
- Evening Primrose Oil
- Feverfew
- Garlic
- Ginger

AVOID ALL DIET AIDS

Including Over-the-Counter & Herbal

- Trilisate (Salicylate combination)
- Ginkgo Biloba
- Ginseng
- Grapeseed Extract
- Milk Thistle
- Omega 3 Fatty Acids
- Onion Extract
- St. John's Wort
- Turmeric
- Vitamins C&E

PRE-OPERATIVE INSTRUCTIONS - GENERAL

These instructions should be followed closely, unless they conflict with specific procedural instructions.

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(2) Two Weeks Before and After Surgery:

- You MAY take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.
- Start taking a multivitamin each day and continue taking through your recovery. The healthier you are, the quicker your recovery will be. See Medications to Avoid for a detailed list. NO ASPIRIN or medicines that contain aspirin since it interferes with normal blood clotting.
- NO IBUPROFEN or medicines contain ibuprofen as it interferes with blood clotting.
- Please DISCONTINUE ALL DIET PILLS whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.
- NO "MEGADOSES" OF VITAMIN E, but a daily multi-vitamin that contains E is fine.
- NO SMOKING because nicotine reduces blood flow to the skin and can cause significant complications during healing.

(1) One Week Before and After Surgery:

- If your skin tolerates, use a germ-inhibiting soap for bathing, such as Dial, Safeguard, or Lever 2000 for at least the week before surgery.
- DO report any signs of cold, infection, boils, or pustules appearing before surgery.
- DO arrange for a responsible adult to drive you to and from the facility on the day of surgery, since you will not be allowed to leave on your own.
- DO arrange for a responsible individual to spend the first 24 hours with you, since you CANNOT be left alone.
- DO NOT take or drink any alcohol or drugs for one week prior to surgery and one week after surgery as these can interfere with anesthesia and affect blood clotting.
- DO NOT take any cough or cold medications without permission.

Night Before Surgery & Morning of Surgery:

- If you are on regular medications, please clear these with your surgeon.
- DO take a thorough shower with your germ-inhibiting soap the night before and the morning of surgery. Shampoo your hair the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.
- DO wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear is a button-up top and pull on pants. You will want easy-to-slip-on flat shoes.
- DO NOT eat or drink anything (not even water) after midnight the night before your surgery.
- NO gum, candy, mints or coffee the morning of surgery. DO NOT sneak anything as this may endanger you.
- DO NOT apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.

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- You may brush your teeth the morning of surgery, but DO NOT drink anything.
- DO NOT wear contacts to surgery. If you do wear glasses, bring your eyeglass case.
- DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.
- You MUST HAVE AN ADULT DRIVE YOU to-and-from surgery. Please note that a cab or bus driver WILL NOT be allowed to take you home after surgery. On arrival, be sure we know your driver's name, phone numbers, and how we will be able to reach them.
- If you are not recovering at home, it is very important that we have the number where you will be after surgery.

POST-OPERATIVE INSTRUCTIONS - GENERAL

The following instructions should be followed closely except when overruled by specific procedural instructions. You must follow your surgeon's instructions as indicated for your specific surgery. Notify your surgeon of any unusual changes in your condition and feel free to call the office with any questions.

- You MUST HAVE AN ADULT DRIVE YOU home from the facility. You will not be allowed to drive after surgery, you MUST HAVE A RESPONSIBLE ADULT STAY WITH YOU a minimum of 24 hours. You CANNOT be left alone. The 24 hours begin when you are discharged from the office or hospital. Have everything ready at home PRIOR to surgery. Make arrangements for someone to stay with you. Let the person or persons know you cannot be left alone. This is important because of the danger of falling and you may lose the concept of time for the day and overmedicate yourself.
- The effects of anesthesia can persist for 24 hours. You MUST exercise extreme caution before engaging in any activity that could be harmful to yourself or others.
- DRINK fluids to help rid the body of the drugs used in surgery. If you have straws in the house you will tend to drink more fluids the first few days after surgery.
- Diet may be as tolerated. Eating foods that are bland and soft for the first day or so, similar to foods like you have with the flu, may be best tolerated. You MUST eat more than crackers and juice, otherwise you will continue to feel weak and will not heal as well. REMEMBER to take the medications with a little something to eat or you will get sick to your stomach.
- Please AVOID the use of alcoholic beverages for the first 2 weeks before surgery and for the first 2 weeks after surgery (it dilates blood vessels and can cause unwanted bleeding) and for as long as pain medications are being used (dangerous combination).
- Take ONLY medications that have been prescribed by your surgeon for your postoperative care and take them according to the instruction on the bottle. Your pain medication may make you feel "spacey"; therefore, have someone else give you your medications according to the proper time intervals.
- If you experience any generalized itching, rash, wheezing or tightness in the throat, STOP taking all medications and call the office immediately, as this may be a sign Of a drug allergy.
- You can expect moderate discomfort, which should be helped by the pain medications. The greatest discomfort is usually during the first 24 hours. Thereafter, you will find that you require less pain medication.

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- Call 941-567-2876 if you have: SEVERE PAIN not responding to pain medication; Swelling that is greater on one side than the Other; incisions that are RED OR FEVERISH; a FEVER; or if any other questions or problems arise.
- Keep any DRESSINGS ON, CLEAN AND DRY. DO NOT remove them until instructed to do so. There may be some bloody drainage on the dressings. If you have excessive bleeding or the bandages are too tight, call the office immediately.
- After surgery, it is important to have a bowel movement within a day or two. If you do not, you may take over the counter laxatives to encourage your bowels to move.
- Minimal activity for the first 48 hours. NO house cleaning, furniture rearranging, etc. Relax, be pampered, and let your body heal. The less energy you use on doing things, the more energy your body can focus on healing.
- LIMIT lifting, pulling or pushing for 10 days.
- Position after surgery is different with different types of surgery. If your surgery is from the waist up, we ask that the head of the bed be elevated 30-45 degrees. This requires a pillow under the small of your back, two pillows under your shoulders and head, and if you have a pillow under each elbow you will relax and stay in position.
- You are requested to remain within a reasonable traveling distance of the office for approximately ten days.
- Once cleared to shower you may do so every day. Please DO NOT use the bathtub for several weeks.
- NO SMOKING for the first 30 postoperative days. Any cheating will delay healing.
- All surgeries involve some scarring, which can take up to a year to fade. No matter how small they may be, we still want them to heal as well as they are able. Exposing red scars to the sun can cause permanent discoloration. A good sunscreen (SPF 15 or higher) can help and will protect the surrounding tissues that might not feel a sunburn developing while the nerves are healing. Sunlight can even reach scars under a swimsuit, so take adequate precautions.
- DO NOT use a hot tub, ocean or pool for 6 weeks.
- AVOID sports or strenuous activities for 6 weeks as your surgeon gives you clearance during your post-operative visits. This is to avoid any unnecessary complications (bleeding, bruising, swelling).
- You may return to work when you feel able and are cleared to do so by your surgeon.
- Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing period.