



Welcome to Your Surgical Journey

We are excited to partner with you as you begin your surgical journey. Our primary goal is to ensure you feel completely supported, comfortable, and thoroughly educated on every aspect of your upcoming procedure.

This guide serves as your comprehensive roadmap for safe preparation and a smooth recovery. Please review these materials carefully. If you have any questions or require further clarification, our team is always here to help.

- **Office Phone:** 855-377-3782
- **Email:** info@drrepta.com
- **Website:** Dr.Repta.com

Preparing for your Procedure

At Repta Plastic Surgery, your safety and recovery are our highest priorities. If you are traveling here from out of town, we want to ensure you have the proper support in place during your stay in Arizona.

We require all out-of-town patients to remain in the area for approximately **10–14 days after surgery** to allow for appropriate monitoring, follow-up visits, and a safe recovery. During this time, you must have a responsible adult caregiver (18 years or older) available to assist you as needed.

We kindly ask that you **do not bring minors with you as your primary support** during this period. While we understand that childcare arrangements can be challenging, minors are not able to provide the level of care and responsiveness required following surgery. If you need assistance or an unexpected situation arises, having a capable adult present is critical to your safety and well-being.

To help support you, we offer:

- Connections to trusted nursing staff who can assist with post-operative care
- Assistance coordinating transportation, including rides to and from the airport and appointments
- Guidance in planning a smooth and comfortable recovery stay

We strongly encourage you to plan by:

- Arranging for a trusted adult caregiver to accompany you or be available during your stay
- Securing childcare at home or with a responsible party during your time in Arizona
- Speaking with our team if you need help coordinating professional care services

Our goal is to ensure you have a safe, smooth, and stress-free recovery. If you have any questions or would like assistance arranging care, please don't hesitate to contact us by phone 855-377-3782 or by email info@drrepta.com. We are here to help.

Pre-Operative Timeline & Checklist

Starting Now

- **Strictly Cessate Smoking & Nicotine:** Smoking severely reduces blood circulation to the skin, compromising your healing and final aesthetic results. Stop all smoking, nicotine patches, Nicorette, and exposure to secondhand smoke for a **minimum of 6 weeks** before and after surgery.
- **Review Medications:** Carefully read the attached medication safety sheets. Disclose *all* vitamins, supplements, and prescriptions to your surgeon and patient liaison. Do not stop prescription medications without consulting your prescribing doctor.
- **Schedule Pre-Op Testing:** Ensure any requested laboratory tests or clearances are completed and sent to our office at least **2 weeks before** your surgery date.
- **Avoid Sun Exposure:** Do not expose the surgical area to natural sunlight or tanning beds for at least 2 weeks before surgery.
- **Plan Hair Care:** If your incisions are near your hairline, you may color or perm your hair up to 3 days *before* surgery. Avoid chemical hair treatments for 4–6 weeks *after* surgery, or until incisions are fully healed.
- **Out-of-State Patients:**
 - ❖ Book your airline tickets.
 - ❖ Reserve your stay (Airbnb or hotel near the office).
 - ❖ Reserve a power recliner
- **Coordinate a Responsible Caregiver:** * You **cannot** drive yourself home or utilize public transportation/rideshares (like Uber or Lyft).
 - A responsible adult must drive you to the center, drive you home, and **remain with you continuously for the first 24-48 hours post-surgery**. Depending on the complexity of your procedure, you may need assistance for several days.
 - If you are recovering overnight at the Sanctuary, arrange for a caregiver to pick you up at **7:00 AM** the following morning. Please provide your liaison with your caregiver's contact details.

Two Weeks Before Surgery

- **Discontinue All Herbal Supplements:** Many natural supplements inhibit blood clotting and can cause surgical complications.
- **Discontinue All Diet Medications:** Stop all prescription, over-the-counter, or herbal weight loss aids (including injections like Semaglutide, Ozempic, Wegovy, or tablets like Phentermine) at least **14 days before** surgery, as they can cause serious cardiovascular risks under anesthesia.
- **Stop High-Dose Vitamin E:** Avoid "megadoses" of Vitamin E. A standard daily multivitamin containing minimal Vitamin E is perfectly safe.
- **Stop all GLP1:** Two weeks before surgery.

Note: For minor aches, you may safely take Tylenol (acetaminophen), as it does not affect blood clotting.

One Week Before Surgery

- **Eliminate Alcohol & Recreational Drugs:** Abstain completely for 7 days before and 7 days after surgery to ensure safe anesthesia interaction and proper blood clotting.
- **Use Antibacterial Soap:** Wash your body daily using a germ-inhibiting soap (such as Dial, Safeguard, or Lever 2000) for the entire week leading up to surgery.
- **Fill Post-Op Prescriptions:** Pick up your recovery medications early. If you tolerate NSAIDs, we highly recommend having Ibuprofen (Advil) and Tylenol on hand to take around the clock post-operatively, which helps reduce your need for narcotic pain medications.

Two Days Before Surgery

- **Diet:** **Stick to a full liquid diet for 48 hours leading up to surgery.**
Note: Does not have to be clear, just liquid.

The Day Before Surgery

- **Maximize Hydration:** Drink plenty of water and clear fluids throughout the day to ensure you are well-hydrated.
- **Hair Removal:** Shaving or waxing should be done at least 48-72 hours prior.
- **Prepare Your Transit Home:** Place a comfortable pillow and blanket in the recovery vehicle. If staying at a hotel, pack reading materials and plenty of bottled water.
- **Set Up Your Home Recovery Space:** Place items within easy arm's reach. Stock up on crushed ice, easy-to-prepare foods (soups, crackers, yogurt), and dress your bed in clean sheets that you wouldn't mind getting stained by temporary surgical drainage.
- **Pack Your Surgical Bag:** Include your prescribed medications (placed in a clear gallon zip-lock bag), a loose outfit that buttons or zips up completely down the front, slip-on shoes or slippers, an eyeglass case, hair-ties, and your phone charger.
- **Scopolamine Patch:** Apply your scopolamine patch directly behind your ear 30 minutes before going to bed the night before surgery.

The Morning of Surgery

- **Please take 1000 mg of Tylenol in the AM with a sip of water before leaving the house for surgery**
- **Please place your compression socks before arriving at the surgery center.**

- **Strict Fasting (NPO):** Do **NOT** eat or drink anything—including water, coffee, juice, gum, candy, or mints—for **8 hours before** your scheduled surgery time.
- **Pre-Surgical Showers:** Shower thoroughly with your germ-inhibiting soap the night before *and* the morning of surgery. Wash and shampoo your hair the morning of surgery, securing it in a tight braid or high bun away from the neck.
- **Keep Skin Clean and Clear:** Do **NOT** apply makeup, face creams, body lotions, hair sprays/gels, perfume, powder, or deodorant the morning of surgery.
- **Oral Hygiene:** You may brush your teeth, but do not swallow any water.
- **No Contact Lenses:** Wear your glasses and bring your protective case.
- **Menstrual Cycles:** If you are on your monthly cycle, wear a sanitary pad only (no tampons) and alert your pre-op nurse upon arrival.
- **Dress Comfortably:** Wear very loose, comfortable clothes (pull-on pants, a button-down top) and flat, slip-on shoes. You will return home in this same outfit.
- **Leave Valuables at Home:** Do not wear or bring jewelry, watches, rings, or metal body piercings. Any jewelry that cannot be removed will have to be taped over for safety.
- **Prescribed Medications:** Bring all prescribed medications in a zip-lock bag.

Medication Safety Guidelines

High-Risk Medications to AVOID Before Surgery

To prevent serious bleeding complications and adverse reactions with anesthesia, **avoid** the following medications for the designated periods leading up to surgery.

If you have had a cardiac stent or heart surgery within the past year, consult your cardiologist before discontinuing antiplatelet therapy.

Medication Category	Common Examples to Avoid
Prescription Aspirin & Salicylates	Amigestic, Ascomp, Darvon Compound, Dolobid, Empirin with Codeine, Lortab ASA, Percodan, Salflex, Salsitab, Soma Compound, Trilisate
Prescription NSAIDs	Diclofenac (Voltaren), Etodolac (Lodine), Fenoprofen (Nalfon), Flurbiprofen (Ansaid), Ibuprofen (Motrin), Indomethacin (Indocin), Ketoprofen (Orudis), Ketorolac (Toradol), Naproxen (Naprosyn), Piroxicam (Feldene), Sulindac (Clinoril)
Other Prescription Blood Thinners	Plavix, Coumadin (Warfarin)*, Lovenox, Pradaxa, Xarelto, Celebrex, Effient, Eliquis <i>(Contact your prescribing physician for specific instructions on how many days to stop Coumadin and if bridge therapy is needed.)</i>
Over-the-Counter Aspirin & Salicylates	Alka-Seltzer, Anacin, Ascriptin, Aspergum, Bayer Aspirin, Bufferin, Doan's Pills, Ecotrin, Excedrin, Pepto-Bismol
Herbs & Natural Supplements	Alfalfa, Aniseed, Chamomile, Clove, Cod Liver Oil, DHEA, Dong Quai, Feverfew, Fish Oil, Flax Seed, Garlic, Ginger, Ginkgo, Ginseng, Glucosamine, Chondroitin, Melatonin, Resveratrol, Turmeric, Vitamin E

<p><i>(Stop 7 days prior)</i></p>	
<p>Psychotropic Medications</p>	<p>TCAs: Consult your psychiatrist.</p> <p>MAOIs: Stop irreversible MAOIs (Parnate, Nardil, Marplan) 2 weeks prior; stop reversible MAOIs on the day of surgery.</p> <p>Lithium: Discontinue 24 hours prior.</p>
<p>Diabetic Medications</p> <p><i>(Morning of Surgery)</i></p>	<p>Do NOT take your morning dose of Insulin or Oral Hypoglycemics (Metformin, Glucophage, Actos, Glyburide, Amaryl). Report your baseline blood sugar to the surgical nurse immediately upon arrival.</p>
<p>Blood Pressure / Diuretics</p> <p><i>(Morning of Surgery)</i></p>	<p>Do NOT take ACE Inhibitors/ARBs (Atacand, Benicar, Captopril, Diovan, Lisinopril, Lotrel) or Diuretics (Lasix/Furosemide, HCTZ) the morning of surgery <i>unless</i> they are explicitly prescribed for Congestive Heart Failure (CHF).</p> <p><i>(All other classes of blood pressure medications should be continued and taken with a tiny sip of water.)</i></p>

Post-Operative Management

Your Recovery Medications

Please review your personalized post-operative prescriptions and manage them carefully using a personal log:

- **Cephalexin 500mg (Antibiotic):** Not all patients will get an antibiotic.
- **Percocet (Oxycodone-Acetaminophen 5- 325 mg):** An opioid medication for intense pain. Take as needed. *Always take with a small amount of food (like toast or yogurt) to avoid severe nausea.*
- **Valium (Diazepam) 5mg (Muscle Relaxer):** Helps manage muscle spasms. **Important:** Space your Valium doses at least **one hour apart** from your Percocet doses.
- **Zofran (Ondansetron) 4mg (Anti-Nausea):** Take as needed to manage or prevent nausea.
- **Xarelto 2.5mg (Blood Thinner):** Taken to prevent blood clots. If your insurance does not cover this medication, you may substitute it with over-the-counter **low-dose Aspirin (81mg)**.
- **Scopolamine Patch (Anti-Nausea):** An active patch placed behind your ear that lasts for 3 days. You may peel it off early if your nausea has completely resolved, or if you experience dry mouth or visual disturbances (like blurred vision or dilated pupils).

Managing Pain Without Opioids: To significantly reduce or eliminate your reliance on narcotic medications, we recommend alternating over-the-counter options once your doctor clears you to do so:

- **Tylenol (Acetaminophen) 500mg:** Every 4–6 hours as needed.
- **Advil (Ibuprofen) 600mg:** Every 6–8 hours around the clock.

General Post-Op Care Guidelines

- **Activity & Rest:** Listen to your body. Rest is paramount to accelerated healing. Keep your surgical compression garments completely smooth, wrinkle-free, and properly positioned.
- **Driving:** Absolutely no driving while taking prescription opioid pain medications or muscle relaxers.
- **Diet:** Gradually advance from clear liquids to light, simple foods (soups, crackers) over 48 hours. Avoid alcohol entirely while taking prescription pain medications.
- **Hydration:** You should take sips of water every few minutes and should be urinating every hour. If you are not urinating every hour, please increase your water intake.
- **Preventing Constipation:** Narcotic pain medications frequently cause constipation. We recommend utilizing an over-the-counter stool softener or gentle laxative (such as a Dulcolax pill or suppository) as a preventive measure.
- **Position:** Most surgeries require the patients to be in a “beach chair” position. Head and legs elevated with pillows to avoid tension on the incisions.
- **Wound Care & Showering:** **Do NOT shower until you are explicitly cleared to do so. Must be cleared by Dr. Repta before showering.** Keep all primary surgical dressings and compression garments dry and entirely undisturbed.

The **THREE** most important things to remember for recovery are: **REST, HYDRATION, and COMPRESSION.**

Jackson-Pratt (JP) Drain Care Guide

If your surgery requires a Jackson-Pratt (JP) closed suction drain, it is designed to gently clear bodily fluids (**serosanguinous fluid**) out of the surgical space, reducing the risk of a fluid collection called a seroma. As you heal, the fluid will naturally transition from bright red to pink/yellow, to clear, and the overall volume will drop.

1. How to Empty the Bulb

Empty your drain bulb whenever it fills to **1/3 or 1/2 full**. Initially, this will happen several times a day.

- Wash your hands thoroughly. Unplug the rubber plug/cap on the bulb.
- Invert the bulb and gently squeeze the fluid out into a clean measuring cup.
- **Re-establish the suction:** Fully compress the bulb flat in your hand or against a hard surface. While it is completely flattened, firmly push the rubber plug back into the opening. The bulb must remain collapsed to draw fluid out.
- Log the exact measurement in cubic centimeters (cc) on your flow sheet. Drains are typically removed only when the total 24-hour output remains below a targeted baseline for two consecutive days.
- *Never detach the tubing from the bulb or attempt to flush or wash the inside of the drain.*

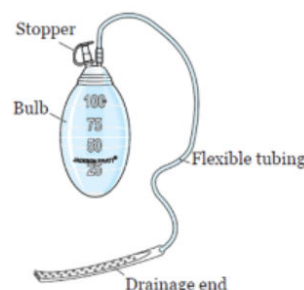
2. How to "Strip" the Tubing

Perform this action roughly **every 4 hours** before emptying the bulb to prevent stringy blood clots from blocking the suction.

- With one hand, firmly pinch and anchor the tubing close to your body insertion site. This prevents painful tugging on your skin.
- With your other hand, tightly pinch the tubing between your thumb and index finger (using an alcohol pad helps lubricate your fingers to slide smoothly).
- Firmly slide your pinching fingers down the length of the tubing toward the bulb, sweeping any trapped clots or fluid directly into the reservoir.

3. Safety & Assessment

- Keep the drain secure and lower than your incision site. We recommend safety-pinning the bulb directly to your compression garment to prevent accidental pulling.
- Inspect the insertion site daily. Keep the skin around the tube clean and dry.
- **Contact our office immediately if:** The bulb fails to hold its negative suction/collapse, the drainage abruptly cuts off to zero without warning, or the drain completely slides out. If it falls out, place a clean gauze bandage over the site and call us.



Overnight Recovery at The Sanctuary

For patients recovering overnight at our specialized Sanctuary facility, please note the following guidelines to ensure a seamless stay:

- **Pre-Op Nurse Check-in:** Your dedicated Registered Nurse will call you before surgery to introduce themselves and confirm your post-anesthesia plan.
- **Check-In:** You will transfer to the Sanctuary immediately upon discharge from the hospital's Post-Anesthesia Care Unit (PACU).
- **Meals:** We provide one balanced recovery meal, along with light snacks and fluids. Please inform your patient liaison of any strict dietary restrictions well in advance.
- **What to Pack for Your Stay:**
 - This black pre/post-operative booklet.
 - All filled post-operative prescription medications.
 - Personal hygiene and skincare essentials.
 - Loose, comfortable, recovery-friendly clothing.
 - Flat, slide-on shoes or slippers.
 - Electronic chargers.
- **Guest & Visitor Policy:** To maximize healing, clinical safety, and patient privacy, **no overnight guests are permitted**. Visiting hours close promptly at **8:00 PM**. Children are not permitted to visit the recovery suites.
- **Check-Out & Discharge:** Check-out is at **7:00 AM** the morning after surgery. Your designated caregiver should arrive at the facility by **6:15 AM** to complete your discharge briefing.
- **Sanctuary Direct Line:** Family members can check on your progress by calling **480-405-6315**. If the nurse does not answer immediately, they are actively hands-on with a patient; please leave a detailed voicemail. To ensure patients get essential rest, **no incoming calls are accepted after 11:00 PM**.



Emergency Contacts & Communication Guidelines

Your safety and peace of mind are our absolute priorities. To maintain the highest standards of focused clinical care, please follow these communication protocols:

Clinical Emergencies

If you experience a life-threatening emergency such as **acute shortness of breath, sudden severe chest pain, or a total collapse**, call **911** or proceed to the nearest emergency department immediately. You or your caregiver can notify our office once you are safely under hospital care.

Urgent After-Hours Concerns

If you are experiencing an urgent post-operative medical issue that cannot wait until morning business hours (e.g., *relentless vomiting with an inability to stay hydrated, uncontrolled pain despite taking medications as directed, or signs of an active hematoma*):

- **Text Dr. Repta directly at 616-633-2158.**
- Include your full name, exact date of surgery, type of procedure, a detailed description of your issue, and a clear photograph of the surgical area if applicable.
- *Please note: Out of respect for all surgical patients, Dr. Repta maintains a strict rest schedule between 9:00 PM and 5:00 AM to prepare for long, demanding operative cases. Please allow up to 15 minutes for a response.*
- **Backup Contact:** If you do not receive a text response within 15 minutes for an urgent issue, send the same text message to Amber's cell phone at **602-741-2566**.

Non-Urgent Questions & Scheduling

For all general inquiries, non-urgent healing questions, or to schedule your mandatory 7-14 day follow-up appointment, please reach out during normal business hours:

- **Office Phone:** 855-377-3782
- **Email Contact:** info@drrepta.com

When to Call the Office Immediately During the Day

Contact our clinical team if you experience any of the following symptoms during your recovery:

- An oral temperature reading of **101°F (38.3°C)** or higher.
- New, spreading redness, increased warmth, or foul-smelling pus draining from your incisions or drain sites.
- Sudden, severe, or unprovoked bleeding through your compression garments.
- Severe, sudden abdominal pain, continuous vomiting, or the development of jaundice (yellow tinting of the skin or eyes).