

Kenneth O. Rothaus, M.D.
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General Operative Instructions

- Please avoid taking the following 10 days prior and 7 days following surgery: aspirin and products containing aspirin, Ibuprofen, Motrin, Advil, Alleve and other nonsteroidal anti-inflammatory agents, garlic capsules, Vitamin E capsules, multivitamins, krill oil and fish oil. You may take Tylenol. Prior to resuming use of any aspirin or products containing aspirin, please consult with Dr. Rothaus.
- Please advise this office if you are taking any herbal and vitamin supplements (Some must be discontinued prior to surgery).
- Please limit alcohol intake ONE week prior to surgery and ONE week following surgery. If you smoke, you must stop 14 days prior to surgery for many procedures such as face lifts and tummy tucks, but it would be advantageous in general for all procedures.
- **LABORATORY WORK:**
 - **Blood work and other tests must be done within TWO weeks prior to surgery.** Please contact our office for a prescription for your blood work and any other necessary tests. You may have your blood drawn where ever is most convenient for you. Locally, there is a Quest Diagnostics located at 235 East 67th Street, New York, NY. The telephone number is (212) 879-3400. We must have all test results prior to surgery.
 - If you are over the age of 40, an **EKG** will be required prior to surgery.
 - **Medical clearance** by an internist or family doctor is required for all patients over the age of 50
 - For woman of child bearing age, a pregnancy test will also be required.
- Please fill your prescriptions prior to surgery. You will receive a separate set of verbal or written instruction regarding these prescriptions. Please make sure you understand them and be sure to follow them exactly pre- and postoperatively. **MAKE SURE THIS OFFICE HAS A LIST OF ALL MEDICATIONS YOU ARE CURRENTLY TAKING AND ALERT US TO ANY ALLERGIES TO MEDICATIONS.**
- **YOU CANNOT TAKE ANYTHING BY MOUTH** (food or any liquid) after midnight the evening prior to surgery. You can brush your teeth and gargle with mouthwash the morning of surgery.
- On the day of surgery, please do not wear any makeup or jewelry to the office or hospital. Please do not bring shirts, tops, sweaters, etc. that must be pulled over the head to wear. Instead, please wear shirts and tops that open in the front and can be fastened easily.
- **YOU MUST BE ACCOMPANIED HOME BY SOMEONE AFTER SURGERY.** You may not leave alone via car service or cab.
- **SUN EXPOSURE:** Prior to surgery, protected sun exposure (not burning) is acceptable. Following the

surgery, all surgical scars must be protected from the sun for 3 months postoperatively. Use a sun block with a SPF of 30 or higher.

**Payment is due in full two weeks prior to your surgery date, and portions of your fee may be non refundable after that date.
Please contact us with any questions you have regarding your procedure. Thank you!**