



GILLUM FACIAL PLASTIC SURGERY
13431 Old Meridian Street, Suite 110
Carmel, IN 46032
www.gillumfps.com
Phone: 317-571-0756
Fax: 317-571-0820

Pre-Operative Procedure Information

Three Weeks before Surgery

1. Ensure all required testing has been completed and sent to our office. We will notify you if any testing is necessary.

Examples are: blood work, CT scan results, MRI, physicians' orders, etc...

Two Weeks before Surgery: _____

1. Stop taking any medications that may contain: Ibuprofen (Advil); Naproxen (Aleve) Aspirin; and all vitamins and supplements. **Please see the attached vitamins and supplements that need to be stopped.**
2. Tylenol is fine for pain.
3. Refrain from smoking two weeks before and after surgery. Nicotine and tobacco smoke delays healing and can result in scarring. Avoid secondhand smoke as well.

One week before Surgery: _____

1. Fill all prescriptions that you have received from the office.
2. Begin taking Arnica Montana. Arnica Montana can be purchased at our office and topical and topical applications can be found over the counter. Please read the instructions prior to use. **Oral tablets must be taken accordingly for effectiveness.** Arnica is a homeopathic remedy and is to be taken differently than most oral medications.
3. If you are having Eyelid Surgery you will want to purchase:
Systane Brand eye drops that are for individual usage
Hydrogen peroxide
4. If you are having Nasal Surgery you will want to purchase:
Hydrogen Peroxide
Bacitracin
Saline nasal spray (Brand Names: Ocean, Ayr or generic is just fine)
5. If you are having Facial Surgery you will want to purchase:
Hydrogen Peroxide
Vaseline
6. If you are having a chemical peel or laser resurfacing you will want to purchase:
Skin Medica's Post Procedure Care Kit, available in our office.

The Day Prior to Surgery: _____

1. Make sure you have someone available to drive you to and from your surgery.
2. For the first 24 hours it is very important that you have someone to care for you.
3. Review your post-op instructions and make sure you don't have any questions or concerns.
4. Do not drink alcohol 24 hours before surgery, as this will thin the blood.
5. Feel free to call the office with any last minute questions 317- 571-0756, 765-651-4278
6. Start antibiotics as instructed.

The Day of Surgery: _____

1. Do not wear make-up, jewelry.
2. Wear a loose fitting button up shirt and comfortable pants and socks.
3. Bring **ALL** medications prescribed by Dr. Gillum.



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Herbal Supplements and Vitamin Instructions

It is very important that the office is made aware of any and all vitamins and herbal supplements that you are taking. Although these can offer many benefits they can also cause adverse effects in surgical procedures. If your supplements are not listed below please ask us. Stop taking medications that are or have any of the following ingredients:

Supplements that increase bleeding:

Asprin, Angelica Root, Anise, Arnica Flower, Asafoetida, Bishop's Weed/Omum, Bladderwrack, Bigbean, Boldo, Borage Seed Oil, Capsicum, Carrageenan, Celery, Chamomile, Chondroitin(high doses), Colve, Cod Liver Oil, Coenzlyme Q10, Cranberry, Dashen, Devil's Claw, Dong Quai, Epimedium, Evening Primrose, Fenugreek, Fever Few, Fish Oil, Flaxseed, Flaxseed Oil, Forskolin, Garlic, Ginger, Ginkgo, Glucosamine(high doses), Grapefruit, Guggal, Horse Chestnut, Horseradish, Jiaoguglan, L-Carnitine, Leverage Root, Lycium, Meadowsweet, Melatonin, Mesoglycan, Nattokinase, Onion, Pantethine, Papain, Papaya, Parsley, Passion Flower, Pau D' Arco, Policosanol, Poplar, Prickly Ash, Quassia, Red Clover, Reishi Mushrooms, Resveratrol, Rue, Saw Palmetto, Siberian Ginseng, Soy, Sweet Clover, Tiratricol, Tumeric, Vinpocetine, Vitamins A, E, and K, Wild Lettuce and Carrots, Willow Bark, Wintergreen.

Supplements that increase cardiovascular instability:

Ephedra, Golden Seal, Licorice, Ginseng, Guarana, Ma Haung

Supplements that increase the metabolism of medications:

St. John's Wort

Supplements that increase the sedative effect of anesthetic medications:

Kava, Valerian



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Understanding the adverse effects of smoking

1. Nicotine is a vasoconstrictor that reduces nutritional blood flow to the skin, resulting in tissue ischemia and impaired healing of injured tissue. Vasoconstriction means constriction of blood vessels, namely arteries that supply nutrients and oxygen to our tissues. Less blood flow means less oxygen and nutrients to the tissue that are trying to repair the injury. Less oxygen and nutrients means that there is an increased likelihood for wound infection and subsequent scarring.
2. Carbon monoxide diminishes oxygen transport and metabolism in injured and healthy tissue. The carbon monoxide competes with oxygen on the "oxygen transport molecule", also known as hemoglobin. So, instead of oxygen delivery by the hemoglobin molecule, carbon monoxide is delivered to the tissue. Unfortunately, carbon monoxide has tight binding to the hemoglobin molecule and is less likely to be replaced by oxygen.
3. Hydrogen cyanide inhibits the enzyme systems necessary for oxidative metabolism and oxygen transport at the cellular level. These enzyme systems are important for the metabolism of oxygen at the level of the tissue where there is need for this oxygen for critical tissue repair and wound healing. After surgery, wounds are in constant flux and healing continues for weeks. As a matter of fact, wound remodeling continues for 6 months after a surgical incision is made and therefore, smoking in general should be prevented during this critical time period.
4. Smokers have a higher incidence of unsatisfactory healing after face-lift, rhinoplasty (nose job), blepharoplasty (eyelid surgery) and all surgical procedures.
5. Smokers should stop smoking 3 weeks prior to elective cosmetic surgery or any traumatic injury requiring reconstructive surgery. Do not smoke for at least 4 weeks after surgery. This will improve your likelihood of a successful procedure with optimal wound healing conditions.

A representative from Gillum Facial Plastic Surgery has reviewed the adverse effects of smoking prior and after surgery with me. If I/Patient choose to smoke and there are surgical complications due to smoking Gillum Facial Plastic Surgery is not responsible for damages I may cause to myself.

I/Patient: _____

Representative from Gillum Facial Plastic Surgery: _____



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Financial Policy Regarding Revision and Complications

Every plastic and reconstructive surgeon has a few patients who will require revision or have some complications requiring additional surgery. As you have been or will be told, one cannot guarantee a result. In cosmetic procedures there are certain problems that will happen statistically no matter how good the care or how careful the doctor and team. Examples of problems that may be encountered are bleeding or an unfavorable scar after a surgical procedure. In both of these cases, it may be necessary to return the patient to surgery, either on an emergency basis (as in the case with bleeding) or an elective basis (as in the case of scarring). It is our policy as a predetermined courtesy to our patients not to charge a surgeon's fee for complications or revisional surgery within 6 months from the original surgery date. We do, however, expect the patient to pay whatever other expenses arise as a result of treatment in hospital or outpatient settings. If the revisional surgery occurs in our office facility, the patient is responsible for the expense of the facility and anesthesia. Sometimes the patient will have insurance that will cover these revisions or complications. It depends upon the individual policy and how it is written. When a person does have insurance, the insurance company is billed for the surgeon's fee as well as the facility fees.

We hope that no complication arises and no revisional surgery is necessary in your case. However, no plastic surgeon can guarantee this to their patients. It is important for the patient undergoing an elective surgical procedure to understand this financial policy. If you have any questions regarding this policy, the office staff would be happy to discuss it with you.

Patient is a minor years of age, and we, the undersigned, are the parents or legal guardian of the patient and do hereby have legal authority to consent and do consent for the patient.

My signature below, indicates that I understand and agree to the above policy.

Signature _____

Date _____

Witness _____