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Aesthetic Medicine & Cosmetic Surgery

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Pre-Surgical Requieriments & Preparatives

In order that we could perform your surgery with the lowest risks possible, here are some important issues:

- ✓ If you have some **chronic disease** like diabetes, high blood pressure, thyroid issues, etc., you must be controlled in order to perform cosmetic surgery. So please be sure to have your doctor consent.
- ✓ There are several **medications** that should NOT be taken before your procedure, during it and after it. Please consult the attached list and report immediately if you consume any. There can be other medications that are not included in the list, please it is important that you make me a list of the medications and supplementations that you are taking, so we can discuss what to do about them. Most of the medications require to stop them 2 weeks before your surgery.
- ✓ If you take some **Vitamins & Supplements**, it is important to stop only Vitamin E, Omegas Oils, and some herbal products as Gingko, Garlic or Ginseng 2 weeks before surgery.
- ✓ If you **smoke**, you must understand that is a great risk of complications. You **MUST stop smoking**, the better 4 weeks before surgery, but at least 2 weeks before. You must also commit to NOT smoking at least 4 weeks after your surgery.
- ✓ **Hemoglobin & Blood Policy:** Basically, you need at least **10g** of hemoglobin for a facial surgery, **12g** for one body contouring procedure, and at least **13-14g** for two or more procedures in one round. If you have less of that: if you have enough time before surgery, we can use oral iron medication to increase that levels, if you don't have enough time, we can use IV iron medications or even we can perform a **blood transfusion** before surgery to achieve the policy. And **if after surgery** you get down **10g** you would need IV iron replacements, and if it gets down equal or less to **7g** you would need blood transfusion in order to have an adequate recovery. That costs ARE NOT included in the first quote. **IV replacements would be \$100.00 USD ea, Blood transfusions would be \$500.00 USD first bag and \$250.00 ea extra bag.**
- ✓ **Plan your recovery smartly.** Depending upon the surgery, recovery time could range from a few days to a few weeks, and even more if any complication arises. Keep this in mind as is affects your work, family, and social schedules after surgery.

Cosmetic Clinic & Spa By Dra. Amaya

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- ✓ **Be realistic in your expectations.** Let's face it, you are going to look worse before getting better. Just about all types of cosmetic surgery procedures involve a lot of swelling and bruising. Your real results won't reveal themselves for a few days or months, so please do not panic!! Let the natural healing process take place. But of course, if you suspect a problem or see any sign of the alarm list we will provide you, don't hesitate to call me.
- ✓ Regardless of the procedure there will be both **physical and emotional** issues to consider during recovery. It is important not to rush the healing process. Here are some post operatory phases to be aware:
 - 1-7 Days. What did I do?? Why?? Hurts as hell!!
 - 7-15 Days. I am so worst than before!! Even bigger, swollen and in pain!!
 - 15-21 Days. Ok, I am feeling a little better, I think all will be ok!
 - 30-40 Days. Wow! Why didn't I do it before??!!
 - 90 Days. I'm in love with my results!! Love you Dra Amaya!!!
- ✓ Please read and follow the **postsurgical guidelines**, they are important to avoid complications or to catch them early to treat them correctly.
- ✓ **Arrange for care** for the initial 48-96 hours after surgery. Even though you may believe you can resume your normal routines, having someone there to assist you will bring peace of mind and allow the healing process to occur normally and with less disruption.
- ✓ **Hydrate** yourself even before surgery. Start with 2 Pedialytes or Electrolyte bottles a day from here to your surgery eve. And after surgery you will need more liquids than ever.
- ✓ You must **eat well** before surgery to help your recovery. You can follow our Presurgical Feeding Plan to have the best results.
- ✓ If you want you can follow my **Pre-Surgical Supplementation Program**, to ensure a better recovery after surgery.
- ✓ Have enough **sleep** too before your surgery.
- ✓ After surgery you will have open wounds and it is important not to expose these areas to sources of infection. So please arrange anything you need to avoid hug or sleep with pets, sit in hot tubes, swim in pools, ponds, lakes or sea, or otherwise expose yourself to germs. Things that normally would not make you sick, can infect you until your wounds heal.
- ✓ The better is you to come at least one day **before** the surgery so your body can recover from the trip, and do the blood tests, and check the last details. But not mandatory.

Any question please don't hesitate to contact us.

Medications and substances, you should avoid before surgery: (If you are taking any, please tell your surgeon in order to adjust your intake)

ASPIRIN: (Acethyl Salicilic Acid) For a minimum period of 3 weeks before and after the scheduled date of your surgery, do not take any medication that contains it, as this affects the ability of the blood to clot and may increase your bleeding tendency during and / or after of surgery. If you require any medication for any special care or situation, you must report it.

ALCOHOL: The consumption of alcoholic beverages causes as well as aspirin coagulation problems, running the same risks.

TOBACCO: The consumption of tobacco alters the microcirculation and therefore the adequate irrigation of all the tissues of the body so that it can significantly alter the scarring making the scars big or deformed or cause loss of the tissue or necrosis of the skin in the surgical area, as well how to increase cardiopulmonary risks.

Next, you should read this list that is in alphabetical order of drugs that have undesirable effects and that can cause abnormal bleeding or bruising, if you are taking any of them you should notify immediately:

A-B-C Fish Oil, Acromicina, Acoda, Acuprin, Advil, Aleve, Alka Seltzer, Aminotriptilina, Amoxapina, Anacín, Anadynos, Anaprox, Anexia con codeína, Ansiad, Aphrodina, Argesic-SA, Artropan, Ascriptin, Ascriptin AD, Aspergum, Atromid S, Axotal, Azdone, Azolid, B- A- C, Bayer, BC Tabletás, Bexofeno, Buf-Tabs, Buff- A, Buffaprim, Buffer in, Butazolidina, Cafergot, Carbamacepina, Carisoprodol, Cheracol, Clorotrimetón, Clinoril, CoTylenol, Col-Benemida, Colchicina, Comtrex, Congesprín, COPE, Coricidín, Cosprin, CP-2

D-E-F Damason-P, Darvon Compuesto, Dasin, Desipramina, Dia-Gesic, Disalcid, Dolobid, Donnatal, Doxepina, Dristan, Durasal, Easprin, Ecotrín, Efficin, Elavil, Emagrin, Empirin, Emprazil, Encaprin, Endep, Equagesic, Equazine M, Etrafon, Eutron, Eutronyl, Excedrín, Fastrin, Feldene, Fenafen con codeína, Fenelzina, Fentermina, Fenegan, Fenfluoramina, Fenilbutazona, Fiogesic, Fiorgen PF, Fioricet, Fiorinal, Flagyl Flexeril, Furazolidona, Furoxona

G-H-I-J-K-L Gaysal-S, Gelpirin, Gemnisin, Haltran, Heparina, Imipramina, MAO Inhibitors, Ibuprofeno, Indocid, Indometacina, Isocarboxazida, Liquiprin, Limbitrol DS, Lodine, Lortab, Ludiomil, Hormones.

M-N-O Magnaprin, Magsal, Maprotilina, Marnal, Marplan, Matulane, Measurin, Meprobamato, Mec lomen, Mediaren, Metocarbamol, Micrainin, Midol, Mobidin, Mobigésic, Motrín, Nalfon, Naproxeno, Naxodol, Naxen, Niquitin (patch or gum), Norgesic, Norpramin, Nortriptilina, Novahistina, Oraflex, Ornade Orfenésic, Orudis, Oxycodona.

P-Q-R-S Pabalato, PAC, Pamelor, Panasal, Pargylina, Parnato, Pepto Bismol, Percodan, Perfenazina, Persantin, Pondimin, Ponstan, Ponstel, Presalin, Procarbazina, Propoxifeno, Protriptilina, Prozac, Pirroxato, Redux, Redotex, Releven, Robaxisal, Roxiprin, Ru-Tuss, Rofen, S-A-C, Saletto, Salocol, Sine- Aid, Sine Off sinus, Sinequan, Sinutabs, Stanback, Stendin, Sulindac, Sumic ina, Supac, Surmontil, Synalgos DC, Sydolil.

T-U-V-W-X-Y-Z Tagamet, Tegretol, Tetraciclina, Tofranil, Tolectin, Tolmetin, Toradol, Tranilcipromina, Traminicina, Triavil, Trigésic, Trilisato, Trimipramina, Uracel, Vanquish, Verín, Vibramicina, Vitamina E, Vivactil, Volataren, Warfarina, Zomax, ZORprift, Zylprim.

Other drugs: It is important that you mention if you are an occasional or habitual consumer of other drugs such as Marijuana, Cocaine, Heroin, Crystal, Ecstasy, LSD, Etc.