



PLASTIC SURGERY AUSTIN
Sanjay K. Sharma, M.D., F.A.C.S.

Surgery Scheduling

Your surgery will be coordinated through the surgical scheduler, Maria, and the hospital's day surgery department. If needed, you will receive a call from the hospital with special instructions regarding a pre-admission testing appointment where you will register with the hospital/facility and complete medical testing before the date of surgery. Additionally, approximately 24-48 hours prior to your surgery date, the hospital will call you again with reminders and specific instructions for the day of surgery. Please plan to **arrive 2 hours** prior to your scheduled surgery time.

**Dell Seton Medical Center
at University of Texas**
Day Surgery: (512) 324-7880
1500 Red River St.
Austin, TX 78701

Northwest Hills Surgical Hospital
(512)346-1994
6818 Austin Center Blvd.
Suite 100
Austin, TX 78731

If you miss their call, please be sure to call the number provided to confirm your surgery or they could cancel your surgery. You may also call this number for directions to the day surgery and pre-registration department. If you need to cancel your appointment for surgery, or if you have not received a call from the day surgery department within 48 hours of your surgery, please notify our office at **(512) 324-2765**.

DATES to REMEMBER:

Your Pre-Admission Testing Appointment is scheduled for:

Your Surgery is scheduled at:

Location: _____ **Time:** _____

Please be prepared to arrive at day surgery at:

Your follow up appointment in our office is on:

NORTHWEST OFFICE: 6811 Austin Center Blvd, Suite 420 Austin, TX 78731
DOWNTOWN OFFICE: 1601 Trinity St Stop 704 Austin, TX 78712
SOUTH OFFICE: 5301 B Davis Ln #200 Austin, TX 78749
Phone: (877) 977-3866 | plasticsurgeryaustin.com



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Pre-op Instructions

- We need to be aware of all medications (prescription and over-the-counter, plus any herbal supplements) that you are presently taking, particularly any blood thinning medications, as well as any medical conditions you may have.
- At least 2 weeks prior to surgery, **DO NOT** take any of the following medications:
 - Aspirin-containing products (unless prescribed by a doctor; please discuss this with your surgeon or mid level.)
 - NSAIDS (non-steroidal anti-inflammatory drugs like Advil, Motrin, Ibuprofen, or Aleve)
 - Fish Oil Supplements
 - Vitamin E (typically included in a multivitamin)
- Please avoid consumption of alcoholic beverages for one week prior to your surgery, as alcohol can contribute to bleeding and bruising.
- Please stop smoking four weeks prior to your surgery and a minimum of 6-8 weeks following your surgery for optimal recovery
- **DO NOT** eat or drink ANYTHING after midnight the night before your surgery.

**Discuss with Anesthesia/Day Surgery if you normally have morning medications to take. Those generally can be taken with a sip of water but they will have to approve them on a case-by-case basis; some medications can cause negative reactions or dangerous situations during your surgery.

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Post-Op Instructions

- **Prescriptions:** Will either be given to you pre-operatively or given at discharge from hospital.
 - We require 48-hour notice for prescription refills. Please contact Dr. Sharma's staff for medication refills and request by Thursday if you anticipate needing a refill over the weekend.
 - Take an over-the-counter stool softener (ex. Colace) while taking narcotic pain medicine. If constipation becomes an issue take Milk of Magnesia or Miralax until bowel function normalizes. Call our office if you have not had a bowel movement within a week of surgery.
 - A probiotic such as acidophilus (over the counter), as well as stool softeners, can be helpful to regulate bowels while taking antibiotics and/or narcotic pain medication.
 - Do not drive while taking narcotic pain medicine. Narcotics can be very sedating.
- **Drain or Pin Care:** If drains or pins are needed for your surgery, additional information will be given to you regarding their care. You may also have in person instructions from Dr. Sharma's nurse, Sarah, or at your therapy appointment. Call Dr. Sharma's staff if you have questions or concerns.
- **Showers:** Okay to shower unless instructed otherwise. Make sure to cover all bandages, casts, or splints in the shower. No baths until sutures are removed and incisions have fully healed (approx. 2-3 weeks post-op).
- **Wound care:** Incisions can be cleaned with soap and water once bandages removed.
 - In some cases, surgical bandages will need to be left on until your follow-up with therapy. Other bandages can be removed 3 days post-op. More information will be given to you by Dr. Sharma's staff or on your hospital discharge paperwork.
 - Sutures are typically removed around 2-weeks post-op. If steri-strips are used, leave them in place 7 days or until they fall off. If Dermabond (skin glue) is used, leave it in place until it peels off.



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- **Activity:** Walk a lot, stairs are okay. Keep hydrated and moving during your recovery. This will lessen your chances of side effects from anesthesia and narcotic pain pills. Depending on your injury and surgery, you may have more specific activity restrictions. Continue moving all joints and extremities not effected!
- **Diet:** In general, you should follow a bland diet x 24 hours after anesthesia (fluids, soup, crackers, toast, rice). Then advance as tolerated to a regular diet. Avoid foods high in salt to minimize your swelling. Avoid alcohol to minimize bruising and while on narcotic pain meds.
- **Recovery:** Expect to feel tired and lack normal energy for the first two weeks following surgery. By the end of the second week, energy levels should be greatly improved. Try to transition off narcotics by the end of the second week, which will also help you feel less fatigue.
- **Questions/concerns:** Please call our office and speak to Dr. Sharma's nurse, Sarah, or one of our PAs during normal business hours at 512-324-8320.

Med Link: (512) 323-5465 – You may call this number for after-hours emergencies. They will page and notify your physician for you. NOTE: in most cases, it is better to call the office during business hours if you're experiencing a problem, so that your doctor can be notified and appropriate steps can be taken. If you're not sure if what you're experiencing is normal, *just call the office during the day*, rather than waiting until after hours to page the physician.