

MICHAEL F. MILAN M.D., P.C.
3271 Five Points Dr. Suite 106 Auburn Hills, MI 48326
Office (248) 377-8141

For emergencies only:

Pager: XXX-XXX-XXXX

OUTPATIENT SURGERY INSTRUCTIONS

NAME _____ DATE _____

DATE OF SURGERY _____ We will call you the day prior to surgery w/ arrival time

PROCEDURE _____

PROCEDURE CHARGE _____ BALANCE DUE _____

Dr. Milan's fee _____

Facility fee _____

Implant/laser fee _____

Platelet Plasma fee \$500 _____

Pain Pump fee \$200 _____

BALANCE DUE DATE _____

ANESTHESIA CHARGE _____ This is payable the day of surgery, cash or check only.

NURSE ANESTHETIST Martin Zarski, C.R.N.A Or Marianne Bohne, C.R.N.A.

- 1) Payment for the surgery is due (2) two weeks before the surgery. You may pay by cash, Master Card, Visa, Money Order, or Certified Check. **No personal checks will be accepted.**
Please note that the deposit for surgery is non-refundable. Tardiness or non-compliance on the morning of surgery with surgical instructions requiring cancellation incurs a 50% fee of the operating room and anesthesia charges.
- 2) We must be able to reach you the day before surgery, either leave a number where you can be reached or leave your answering machine on! This is to notify you of any time changes in your surgery.
- 3) **Avoid taking Aspirin 4 weeks before surgery and 2 weeks after surgery. TYLENOL IS OK.**
Avoid taking ibuprofen for at least 2 weeks before surgery. Aspirin and ibuprofen cause increased bleeding and bruising. (Read the label to make sure that the medication does not contain any aspirin, acetylsalicylic acid or ibuprofen.)
Stop Vitamin E, St. John's Wort, all diet pills and all herbal supplements two weeks before surgery.
Avoid drinking red wine two weeks prior to surgery.
No smoking for four weeks before and four weeks after surgery. Smoking increases complication rates in all surgeries.
- 4) **Nothing to eat or drink after midnight before surgery, (no vitamins) including water!**
THE DAY OF SURGERY---Do not wear jewelry, make-up or apply any moisturizers over the operative area.
Breast surgery and abdominoplasty use Technicare wash the am of surgery.
Please wear sweat pants/ loose pants, a button/zipper top and flat shoes on the day of surgery. **NO JEANS!!!**
You must have someone here with you for surgery and someone needs to stay with you after surgery until the next morning!!
- 5) Call our office regarding any excessive pain or temperature elevation above 100 degrees or any other pertinent information.
If you are unable to reach Dr. Milan and you feel it is an emergency go to the Emergency Room at St. Joseph Hospital in Pontiac.

NUTRITIONAL RECOMMENDATIONS FOR PRE OPERATIVE SURGERY

1. Aerobic exercise for 30 minutes a day 3-5 times a week should be done to prepare for surgery.
2. **No dieting for 2 weeks before and 2 weeks after surgery. Eat 2000 calories daily during this time. This is imperative!!!**
3. A diet rich in low fat protein. Supplement with Protein shakes, Protein bars, and eat red meat for proper healing. This is very important. Without adequate protein, healing can not occur.
Avoid "white carbs"(sugars and starches 2 weeks before and 2 weeks after).
4. A one a day vitamin (Multivitamin) with minerals. (No more than 100 International units of Vitamin E daily allowed).
Begin two weeks before surgery and continue until two weeks after surgery.
5. 1000 mg of Vitamin C twice a day beginning two weeks before surgery until two weeks after surgery.
6. 25,000 International units of Vitamin A daily for two weeks post operatively.
7. Bromelain , four times daily 2 days before surgery and as soon as possible after surgery for one to two weeks until the bruising is resolved. May substitute 3 slice of fresh pineapple per day here.
(Bromelain is available at health food stores, GNC)
8. **FOR LIPOSUCTION PATIENTS ONLY** - Begin taking over the counter iron (Slow FE), take one tablet 3 times a day 2 weeks prior to your surgery. Continue taking the iron after your surgery until you feel back to your normal energy level.