



THE MICHAEL HORN

CENTER FOR COSMETIC SURGERY

In-Office Procedure Location: 60 E Delaware Place Floor 15

Parking is validated for 3 hours, \$16. Please have your ride maintain the ticket.

Dr. Horn's Office: 312-202-9000

Dr. Horn's Pager: (will be provided at time of preop)

Message us at Patient.Klara.com

- **Pre-admission testing may be required before your surgery.** Our office will inform you of which testing may be required if it applies to you.
- **Surgery Time.** Following scheduling, you will/would have received a confirmation via Klara with your arrival time and start time of your procedure.
- **Bring prescription medications** (any medication you are currently taking) with you the day of surgery. **If you have asthma and use an inhaler, please bring it with you.**
- **Sedative.** You will be required to take a sedative prior to your in-office procedure. You will take this 30 minutes prior to your arrival at our office.
- **A Ride.** You will be required to have someone check you out from surgery. We cannot release you to public transportation, Uber, Lyft, etc.

Preparing for your In-Office Procedure

- **Blood Thinners.** Avoid any blood thinning medications or natural supplements 2 weeks before surgery and 4 weeks after surgery.
- **Bathe or shower** the night before or morning of surgery to minimize the risk of infection. No creams or lotions on the body. Clean body coming into surgery. It is ideal to use Anti-Bacterial soap such as Dial or Hibiclens/ Chlorhexidine.

- **Refrain from smoking** at least 2 weeks before and one full month after your surgery. Smoking will delay healing and increase the risk for complications.
- If you develop a cold, sore throat, fever, etc., please notify Dr. Horn or our office at 312-202-9000.
- Wear loose comfortable clothing.
- Wear eyeglasses instead of contacts on the day of surgery.
- After surgery, you will need someone to drive you home. NO PUBLIC TRANSPORTATION.
- Have someone stay with you for the first 24 hours.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not take tranquilizer or sleeping pills including melatonin for 24 hours after surgery.
- Do not make important decisions/sign any important documents for 24 hours after surgery or until your full mental alertness returns.

In case of:

- Continuous or heavy bleeding
- Difficulty breathing
- Fevers/chills
- Continuous nausea and vomiting
- Excessive drainage from surgical area

Page Dr. Horn for any urgent concerns after business hours. Otherwise, please call our office at 312.202.9000.

Medication List

Arnica Montana: Homeopathic anti-inflammatory used for reducing pain, swelling, and bleeding.

- Begin taking Arnica **4 days prior to surgery date 5 pills 3 times a day**, morning, noon and night.
- Continue taking remainder of pills after surgery until container is empty.

Celebrex/ celecoxib 200mg: Anti-inflammatory to reduce swelling and discomfort.

*We will not prescribe this to you if you have an allergy to Sulfa medications.

- Two hours before you arrive to the surgery center, take 2 pills with a small sip of water.
- Take 1 pill the morning after surgery.

Keflex/ cephalexin: Antibiotic for after surgery.

- 500mgs – take 1 pills 3 times daily for 5 days.

Hydrocodone- acetaminophen: Pain medication for after surgery.

- Take 1 to 2 pills every 4 to 6 hours as needed for pain.
- Do not exceed 8 pills in 1 day. The daily limit for Tylenol is 4000mg.
- You may take Extra Strength Tylenol instead if pain is mild.
- Please take Norco with food and drink adequate amounts of water to prevent constipation.

Alternatives:

- Allergic to Penicillin – **Ciprofloxacin: Antibiotic for after surgery**
 - Take 1 tablet by mouth twice a day for 5 days.
- Facelift or Blepharoplasty – **Clonidine 0.1mg**
 - Starting the day before surgery, take one tablet twice a day until empty.

Additional recommendations for enhanced healing:

(start now and continue until incisions have healed)

A Multivitamin that contains iron for healthy red blood cell formation.

- Liquid-Lea is a great option that is sold online.

Zinc Complex & Vitamin C

- Zinc speeds up healing time.
- After surgery, blood levels of Vitamin C drops. Vitamin C deficiency can make the healing process slower after surgery.
- Protects cells and enhances your immune function.

Protein Shakes: Protein contains the “building blocks” for healthy bodies. It helps speed up the healing process after surgery, provides a source of energy and repair body cells. In some cases, doubling protein intake is the best for healing.

*****Dr. Horn recommends 1 protein shake a day after surgery.*****

Recommendations for incision & scar care:

****These can be purchased at our office****

Alastin Regenerating Skin Nectar:

Heals from inside out by promoting collagen generation and putting antioxidants directly into skin.

Instructions:

- Apply twice daily and follow with Aquaphor or Bacitracin.
- Begin applying 2 weeks before surgery to prep skin for incisions.
- Restart immediately after surgery.
- If you have steri-strips, begin when they come off at 14 days.

Biocorneum Advanced Scar Treatment:

FDA- Cleared silicone scar cream that fades scars, prevents scar tissue, and protects from sun exposure.

Instructions:

- Begin using twice a day after incisions have closed. (4-6 weeks)

NeoCutis BioGel Moisturizing HydroGel:

Visibly diminish the appearance of scars. Double the growth factors of ordinary cream.

Instructions:

- Apply to incision twice daily after steristrips are removed

Scar Away Cream or Patches:

Silicone based product that softens and lightens scars.

Instructions:

- Begin using after 6 weeks when incisions are closed

PCA Skin Pigment Gel:

Vitamin B3 Brightening Serum for dark pigmentation

Instructions:

- Apply to affected area once daily at night

Medications to avoid 2 weeks before surgery and at least 4 weeks after surgery

- Avoid **ALL** aspirin, aspirin containing products and anti-inflammatory drugs including **Ibuprofen**
- Avoid **Vitamin K and Vitamin E Supplements as well as Herbal Tea and/or Herbal Supplements/ Black tea, Green tea (omega 3, fish oil, St. John's Wort)**
- **ONLY TAKE TYLENOL**
- This is not a complete list. Other products may contain aspirin or similar ingredients. Please review the medications you are taking with Dr. Horn and/or the nurses to make sure they are not aspirin containing.

Advil

Aspirin and all aspirin containing products

Alka-Seltzer (Plus)

Anacin Tablets/Capsules

Anodynos Tablets

Arthralgen Tablets

Arthritis Strength Bufferin Tablets

Arthropan Liquid

A.S.A. Tablets/Enseals

Ascriptin A/D Tablets

Aspergum

Baby Aspirin Tablets

Bayer Childrens Aspirin Tablets

Bayer Childrens Cold Tablets

Bayer Time Released Aspirin Tablets

BC Tablet and Powder

Buffaprin Tablets

Bufferin Tablets

Bufferin Arthritis Strength Tablets

Bufferin Extra Strength Tablets

Bufferin II Tablets

Buffinol Tablets

Buf-Tabs

Cama Arthritis Pain Reliever

Cold Medicine Tablets

Congesprin Chewable Tablets

Cope Tablets

Coricidin Tablets

Cosprin 325 Tablets

Cosprin 600 Tablets

CP-2 Tablets

Dasin Capsules

Dinol Tablets

Doans Pills

Duoprin Capsules

Duradyne Tablets

Dynosal Tablets

Ecotrin Tablets

Efficin Tablets

Emagrin Tablets

Excedrin Tablets/Capsules

4 Way Cold Tablets

Gaysal-S Tablets

Gemnisin Tablets

Goody's Headache Powder

Max Bayer Aspirin

Measurin Tablets

Midol Caplets

Mobigestic Tablets

Momentum Muscular Tablets

Motrin/ Ibuprofen

Neocylate Tablets

Os-Cal-Gesic Tablets

Pabalate

Pabirin Buffered Tabs

Pepto-Bismol Tabs/Suspension

Persistin Tablets

Vitamin E

Coricidin

Decongestion Tablets