



## ***Gennadiy Ivanov, MD***

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### **PRE-OPERATIVE PREPARATION FOR GENITAL COSMETIC SURGERY**

1. **NO** smoking for **3 WEEKS** prior to and **3 WEEKS** after surgery
2. **NO** Aspirin, Ibuprofen, “Aleve”, (NSAIDS) etc. for **14 days** prior to surgery, (Tylenol is okay)
3. **NO** alcohol for **24 hours** prior to surgery
4. You **must** have either someone to drive you or have local hotel and taxi accommodations. \*Our office can help you with this.
5. You will need to have adequate help around the house for at least **3-7 days** after surgery and **minimize your activities**.
6. **Prior** to surgery your genital area will need to be freshly groomed. (See #2 below) Waxing is OK but must be done **at least 7-10 days** before surgery.
7. **For Perineoplasty/Vaginoplasty ONLY**– start taking your anti-biotics two days prior to surgery, 4 times/day until finished.

#### **Night before & day of surgery:**

1. **\*\*SUPER HYDRATE\*\*** yourself **the night before and morning of surgery** (drink **A LOT** of water, Gatorade/Powerade or Pedialyte). Eat a light but complete, non-greasy meal **at most an hour before your surgery**. (i.e.: cereal and toast/muffin, fruit, yogurt, half sandwich and soup, etc...) \*If you arrive at the office and have not eaten a complete meal or have eaten more than an hour prior to surgery you will be given and required to eat a power/granola bar.

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2. Wash the entire genital area well and trim your hair short the **morning of surgery**. \*Please use scissors or an electric razor/buzzer, **DO NOT** shave - this can cause “razor burn” or small “nicks”/cuts which are potential areas of infection which prevent us from operating in that area.
3. Wear loose fitting/comfortable dark clothing the **day of surgery**, no loose jewelry and if possible **no nail polish** (on at least one finger) please.
4. Take one Lorazepam (or substitution) 30 minutes prior to surgery. \*If your pre-op appointment is the same day as your surgery the Lorazepam **will be given to you at the office**. Please bring your pain medication with you to take before and after your procedure. \*This will need to be taken with food. It is a good idea for you to bring a snack with you or for your driver to pick something up for you during surgery.

**You will need to have/purchase:**

1. Sanitary napkins/maxi pads or panty liners - enough for approximately 5 days
2. Ibuprofen (Motrin) 200mg - to take along with (or if pain is minimal, in place of) your Vicodin/Norco (or substitution) prescription

**And for AFTER (Do Not Start Before) Vaginoplasty/Perineoplasty ONLY:**

3. Dried prunes and/or prune juice
4. A stool softener such as Dulcolax or Colace