



PATIENT CARE GUIDE

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18707 Hardy Oak Blvd Suite 455
San Antonio, TX 78258
Phone (210) 255-1764
Fax (210) 255-8891

Dear Patient,

Thank you for allowing Prestige Cosmetic Surgery the opportunity to provide the services you desire. My staff and I will do everything within our power to ensure you have a positive experience. My philosophy centers around forming a lasting relationship with you. The goal is to provide a lifelong source of information and services for you, your family and friends.

Enclosed in this folder you will find information on the pre surgical, day of surgery, and post operative aspects of your procedure. Answers to most of your questions should be found in the material provided.

I know having access to your doctor is a very important aspect when deciding which Plastic Surgeon you choose. Should at anytime questions arise please contact me by calling the office at (210) 255-1764 during business hours or my cell phone after hours or during the weekend. My cell phone number is (210) 273-6890.

We know that there are many choices available to you, and we appreciate your continued business

Sincerely,

A handwritten signature in black ink, appearing to read "B. Kopchinski", with a long horizontal line extending to the left.

Dr. B. Kopchinski MD FACS
Board Certified Plastic Surgeon



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Pre-Operative Instructions

As the day of your surgery quickly approaches, please review the key items we have listed below. You will play a pivotal role in ensuring you have the best surgical experience, results and the lowest risk of complications possible. By providing you with this information we can work together to make that possible.

1 Month Prior to Surgery

- Quit smoking at least one month prior to surgery. Nicotine reduces blood flow to the skin and can cause significant complications during healing. You will have to refrain from smoking for at least 4 weeks after surgery as well.
- Arrange for an adult to drive you to and from the surgery center on the day of your procedure and remain with you for at least 24 hours after. You CANNOT leave the facility on your own and you CANNOT be left alone during the first 24 hours.
- Call our clinic immediately if you feel ill, have a fever, or any type of infection. Your surgery may need to be postponed.

1 week Prior to Surgery

- Fill the prescriptions you will need prior to surgery. We have found that Target and Wal-Mart offer the best prescription drug rates. Our staff will call in all prescriptions a week prior to your surgery and let you know when they are ready for pickup.

1 Day Prior to Surgery

- Do not eat or drink anything after midnight the day before your surgery. No gum, candy, mints, or even coffee the morning of surgery. If you sneak anything you can greatly increase your risk of serious surgical complications.
- Shower the night before surgery.

If you have any specific questions please call our clinic at (210)-255-1764.



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Medications to Avoid

Many over the counter medications contain substances which may increase the risk of complications. The most common is aspirin or ibuprofen which can cause increased bleeding. These medications should be stopped 2 weeks prior to any surgical procedure. Should you take these medications for mild pain relief you may take Tylenol instead. Provided is a list of some of the most common medications containing these substances. This is not an all inclusive list, so please check any medications you may be taking.

ASPIRIN

Cold tabs	Alka-Seltzer	Arthritis Pain Formula
Bayer	Bufferin	Ecotrin
Fiorinal	Goody's Extra Strength	Lortab
Norgesic	Pepto-Bismol	Salicylate
Sinutab	Triaminicin	Willow Bark

IBUPROFEN

Advil	Aleve	Ansaid
Dimetap Sinus	Indocin	Midol
Motrin	Naproxen	Nuprin
Piroxicam	Relafen	Voltaren

HERBAL

Vitamin E	Garlic	Ginkgo Biloba
Genseng	St. Johns Wort	Celery Seed
Clove	Cod Liver Oil	Fish Oil
Glucosamine	Licorice	Melatonin



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Day of Surgery

The day of surgery is here!

- Take only the medications you were instructed to take with a sip of water.
- When brushing your teeth, do not to swallow the water you rinse with.
- Do not wear contacts to surgery. Wear your glasses and bring your glass case.
- Do not bring any valuables or wear any jewelry.
- Wear comfortable loose-fitting clothes: We recommend a button up top and pull on pants with easy to slip on flats.
- Arrive at the surgery center 1.5 hours prior to surgery.
- “How long after my surgery will I be able to go home?”
 - This is a common question from our patients. The answer to this question is not the same for everyone and recovery time depends on the patient. Average recovery time is between thirty minutes to an hour. Once you are sitting up and able to eat and drink a family member will be allowed to come back and sit with you. Once your discharge instructions have been given you will be released to the comfort of your own home.
- Dr. Kopchinski will call to check up on you the night of your surgery. Make sure to have your cell phone near you.
- Day one follow-up appointment. We will see you the next day in our clinic following your procedure. Getting up and moving is important. Remember you cannot drive while taking prescription pain medication. Be sure to have someone drive you to and from your day one follow-up appointment.

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General Post-Operative Instructions

Take all medications as prescribed. Take the pain medication and antibiotics with food. The food can be as simple as crackers or soup. Eat as tolerated.

Walk and drink juice or water the night of surgery. You should walk several times the night of your surgery and stay well hydrated.

Activity level for the first couple of days after surgery is restricted to walking and activities of daily living (adl). Examples of adls are brushing teeth, showering, and light cooking. For the first 6 weeks after surgery activity is limited to walking and increasing adls. No lifting over 10 pounds or about the weight of a gallon of milk, no strenuous or repetitive activity, and no activity which increases pain at the surgical site.

There will be no driving while taking the prescription pain medication. Driving can be resumed after your first post-operative doctor's visit, you have stopped taking prescription pain medication, and you feel that you can safely drive and perform quick turns and breaking should traffic conditions dictate.

Compressive garments should be used as directed.

Should you have any questions after your surgery call the clinic during business hours or Dr Kopchinski's after hours at (210) 273-6890.



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Post-Surgical Garment Care

Surgical garments are to be worn for 2 weeks following your operation 23 hours a day. Depending on your wound healing you will be instructed on when you can move to only wearing your garments at night.

Female patients who undergo a tummy tuck, thigh lift, or butt lift may machine wash their surgical garments in cold water with a non-phosphate soap. Once washed, the garment should air dry.

All male garments and patients who undergo any breast surgery should hand wash their garments in **luke-warm water with non-phosphate soap. Once washed, the garment should air dry.** Do not use bleach or dyes, Do not use washing machine or dryer.

Additional garments may be purchased through our clinic. We now offer online sales through our website for your convenience at www.prestigecosmetic.com. All orders placed through our website receive free shipping. If you would prefer to call in your order, you may do so at any time by calling our Front Desk Receptionist, Ronda Koch at **210-255-1764**.



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Patient Incentive Referral Program

As a sincere "thank you" for choosing Prestige Cosmetic Surgery and Dr. Kopchinski for all of your cosmetic surgery needs, we would like to extend the following incentive referral program to you.

**FOR EVERY PATIENT YOU REFER TO OUR CLINIC WHO SIGNS UP FOR A COSMETIC PROCEDURE
YOU WILL RECIEVE 10% OFF SURGEON'S FEES ON YOUR NEXT PROCEDURE.**

THIS OFFER IS VALID FOR UP TO \$1,000 OFF!

To stay up to date with our monthly and weekly specials be sure to like us on Facebook at <https://www.facebook.com/PrestigeCosmeticSA> . You can also join our monthly e-mail list by e-mailing us at info@prestigecosmetic.com.

Sincerely,

Prestige Cosmetic Surgery