



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

PRESCRIPTION INSTRUCTIONS

- ✘ **Keflex** (Cepalexin = generic name). Antibiotic, 1 every 6 hours. Continue until drains are removed.

- ✘ **Darvocet**** (Propoxyphene + Acetaminopen = generic name) for milder pain
OR
- ✘ **Vicodin/Lortab**** (Hydrocodone + Acetaminophen = generic name) Pain Medication - take 1 or 2 every 4 hours as needed for pain.
OR
- ✘ **Percocet**** (Oxycodone + Acetaminophen = generic name) for severe pain. Pain Medication – take 1 or 2 every 4 hours as needed for pain

- ✘ **Valium**** (Alprazolam = generic name). Muscle relaxer after breast augmentation or abdominoplasty. Take 1 tablet every 6 hours as needed for muscle spasms

- ✘ **Xanax **** (Alprazolam = generic name)
✘ Tranquilizer (like Valium). Take one every 4 hours as needed for tension. You can take one the night before or the morning of surgery if you are feeling nervous.

- ✘ **Ambien**** (Zolpidem = generic name). For sleep, one at night before or after surgery as needed.

- ✘ **Zofran** (Ondansetron = generic name). Take 2 tablets 2 hours PRIOR to surgery to prevent nausea. Take one tablet every 8 hours as needed, for nausea or vomiting after surgery

- ✘ **Colace** (Docusate = generic name). Take 1 tablet (100 mg), three times daily to prevent constipation, start the day before your surgery

- ✘ **Miralax** (Polyethylene Glycol 3350) MiraLAX works by naturally balancing the water in your digestive system to relieve constipation with no harsh side effects. It gently increases the frequency of bowel movements and softens the stool so it is easier to pass. Follow the directions and begin using the day prior to surgery.

- ✘ **Arnica & Bromelain** Decrease bruising and swelling, an optional non-prescription medication to be started 4 days prior to surgery and continued for 2 weeks after surgery.

** DO NOT DRIVE WHEN TAKING THESE MEDICATIONS, THEY CAN CAUSE DROWSINESS.

If you were given both Percocet and Darvocet, Percocet is for more severe pain. Once pain subsides some you may switch to Darvocet. Do not take them both at the same time. Narcotics such as Percocet, Darvocet and Vicodin have acetaminophen in them (Tylenol). Do not use Tylenol (acetaminophen) in addition to narcotics as it can be harmful to your liver.

NO FLUIDS OR FOOD IS ALLOWED 8 HOURS PRIOR TO SURGERY.

***** SURGERY AND SMOKING DO NOT MIX *****

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at: **949-640-0999**