

TO: My Patients
FROM: Nadia P. Blanchet, M.D.
RE: About Your Prescriptions

Recent research has highlighted that we can significantly improve your post-operative experience with certain medications. Women (specifically young women), tend to have “post-operative nausea and vomiting” or PONV. To try to avoid this, we will give you a **SCOPALAMINE** patch to place behind your ear the morning of surgery if you are under 65 years of age. Please leave this on for 3 days and then remove it. You should know that it can occasionally dilate your pupil on the side where the patch is and occasionally give you blurry vision, but it really does help with nausea. (If you are having a face-lift we cannot use a patch because it would be in our operative field). In addition to this we will give you a pill called **EMEND** to take the morning of surgery. This also helps to prevent nausea for 3 days. It can be pretty expensive so we will give you a coupon at your pre-operative visit. Finally, we will give you a prescription for Zofran to use post-operatively just in case you still manage to become nauseated!

We have recently discovered that patients who take **GABAPENTIN**, **CELEBREX** (if you are not allergic to sulfa drugs) and **TYLENOL** the morning of surgery have less pain after surgery. If your surgery is in the hospital this will be given to you there; if your surgery is at my office we will write you a prescription for these medications. This is part of the "enhanced recovery after anesthesia" or ERAS protocol that many surgeons across the country are embracing.

All of us in medicine are trying to help with the opioid epidemic so we will give you a minimum number of narcotics and encourage you to use **TYLENOL** and **CELEBREX** only.

IMPORTANT: ALWAYS AVOID (blood thinners): ADVIL/MOTRIN (Ibuprofen), ALEVE (Naproxen) and ASPIRIN for 2 weeks.

Anesthesia, pain medicine, and not moving around are all conducive to constipation. I recommend that you drink plenty of fluids and use **MILK OF MAGNESIA** or **PRUNE** juice as needed to make sure that this does not become a significant problem.

Not all patients will take **ANTIBIOTICS** after surgery depending on the risk, but pretty much everyone will have some antibiotic through their veins before we start. If you are taking post-op antibiotics I would also like you to take a **PROBIOTIC** (i.e. Florastor or Align) to try to avoid diarrhea that can be associated with antibiotics.

Finally, if you are having a nipple sparing mastectomy we may use **NITROGLYCERIN** cream (**NITROPASTE**) to enhance blood flow to the skin after surgery. There is a video about this on my website: www.nadiablanchetmd.com.

I know it is a lot of prescriptions; I hope this helps to explain them!

PATIENT'S SIGNATURE

DATE

MD'S SIGNATURE

DATE

10/2018