

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 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 and this will be left on for 3 days. If you are having a face-lift, we can place a patch on the base of your neck the day of surgery. 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. In addition, we will give you a pill called EMEND to take the morning of surgery that also helps to prevent nausea for 3 days. It can be expensive but there are “GoodRx” coupons online that will help with the cost. 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** instead. ADVIL and MOTRIN (Ibuprofen), ALEVE (Naproxen) and ASPIRIN are all blood thinners to some degree, so I prefer that you avoid these 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.

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:

If you are having a long surgery under general anesthesia or are having an abdominoplasty (Tummy tuck) or are significantly overweight, we will write you for Lovenox Prescription. This is to prevent a clot in your legs, that could actually travel to your lungs (Pulmonary Embolism). Unfortunately, this is an injection. There is a video on my website showing how to give yourself the injection and our nurses will review it with you.

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

PATIENT'S SIGNATURE

DATE

04/2021

