

Pre-Operative Packet

WELCOME



The Arkansas Plastic Surgery Staff Welcomes You!

Welcome to your consultation. We are pleased you have chosen us as you consider plastic surgery or aesthetic skin care. We believe you will discover much more than a beautiful facility in an exceptional location.

Every member of our medical and support team – surgeons, nursing personnel, and administrative staff want to help you gather the information you need to make the best possible decision. We will be with you all the way – sharing our skills and genuine concern about you and your ultimate result.

We appreciate your confidence in us, and we assure you that we will do our utmost to achieve the result you desire. Arkansas Plastic Surgery is devoted to medical and surgical excellence offering comprehensive surgery services.

At Arkansas Plastic Surgery, we practice the science of plastic surgery, but our art is our personal concerns.



Zachary T. Young

Dr. Zachary “Zach” Young is honored to bring his surgical expertise to Arkansas Plastic Surgery. Dr. Young was raised in Jonesboro, AR and has had a passion for medicine from the time he was a child. He was introduced to the health care field at an early age because his father was a physician. He spent his high school and undergraduate years working in all aspects of patient care, which has afforded him a unique insight into both patient care and health care delivery.

After graduating from Jonesboro High School, Dr. Young received his Bachelor of Science degree from the University of Arkansas. He then matriculated to the University of Arkansas for Medical Sciences for Medical school. He completed a distinguished, 7-year General Surgery Residency at UAMS, where he received numerous professional and patient centered awards. He was inducted into the prestigious Alpha Omega Alpha Honor Medical Society for his professional and academic accomplishments, an honor in which he takes great pride. Dr. Young is board certified by the American Board of Surgery. He has completed an intensive and comprehensive 3-year Plastic Surgery Fellowship at the Medical University of South Carolina in Charleston, SC. Dr. Young has also honed his skills in aesthetic surgery of the face, nose, breasts, and body contouring throughout his training. He offers a wide variety of both surgical and non-surgical interventions for facial rejuvenation including facelift, rhinoplasty, brow lift, filler and botulinum toxin. Along with facial rejuvenation, Dr. Young also offers surgical procedures of the breast including augmentation, mastopexy, breast reduction, and augmentation combined with mastopexy. For patients interested in body contouring procedures, he offers liposuction, tummy tuck, brachioplasty, and thigh lift. Dr. Young has trained with thought leaders on both the oncologic and reconstructive sides of breast surgery and offers a wide variety of reconstruction options to his patients. He has a special interest in the more recent advancements of prepectoral breast reconstruction.

CURRICULUM VITAE

Zachary T. Young, MD

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youngplasticsurgery@gmail.com

OBJECTIVE

Pursuit of surgical excellence in the field of Plastic and Reconstructive Surgery.

RESIDENCY/FELLOWSHIP

July 2017-Present **Medical University of South Carolina**, Charleston, SC
Plastic, Reconstructive, and Hand Surgery Fellow

July 2012-June 2017 **University of Arkansas for the Medical Sciences**, Little Rock, AR
Categorical General Surgery Resident

July 2010-June 2012 **University of Arkansas for the Medical Sciences**, Little Rock, AR
Preliminary General Surgery Resident

EDUCATION

Aug 2006-May 2010 **University of Arkansas for the Medical Sciences**, Little Rock, AR
Doctor of Medicine

Aug 2002-May 2006 **University of Arkansas**, Fayetteville, AR
Bachelor of Science, Biology
Chancellor's Scholar

EMPLOYMENT

May-Aug 2007 **St. Vincent's Infirmary**, Little Rock, AR
Central Sterile Instrument Technician
Cleaned, processed and assembled surgical instrument sets

May 2004-Aug 2006 **Otolaryngology and Facial Surgery Center**, Jonesboro, AR
Surgical Scrub Tech
Surgical scrub tech for a private ENT practice during the summer and holiday breaks while attending college

May 2003-Aug 2003 **St. Bernard's Regional Medical Center**, Jonesboro, AR
Transportation Tech
Obtained pre-op vitals for patients in One Day Surgery, transported patients to the operating room, and cleaned operating rooms after surgery

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CERTIFICATIONS

Oct 2017	Board Certified in General Surgery by the American Board of Surgery
June 2012	Advanced Trauma Life Support
Dec 2012	Advanced Trauma Life Support Course Instructor
Feb 2010	Advanced Cardiac Life Support
Feb 2010	Basic Life Support

PROFESSIONAL MEMBERSHIPS

2018 - Present	Southeastern Society of Plastic and Reconstructive Surgery Candidate Member
2017- Present	American Board of Surgery Resident Member
2017 - Present	American Society of Plastic Surgery Resident Member
2017	American Medical Association
2016 - Present	Alpha Omega Alpha Honor Society

HONORS AND AWARDS

2014	Consulting Resident of the Year , UAMS Department of Emergency Medicine award given by residents and staff for the resident deemed the best consultant during the academic year
2014	Crossing the Creek Award , awarded to physicians by nurses in the Arkansas Children's Hospital Burn unit for going the extra mile
2016	AOA , Alpha Omega Alpha Honor Society, Elected August 2016
2017	Robert M. Bransford, MD Memorial Award , awarded annually to the Outstanding Chief Resident in Surgery at the University of Arkansas for Medical Sciences
2017	UAMS Resident Research Day Award , awarded for the best research presentation at the annual resident research day
2016 - 2017	UAMS Administrative Chief Resident , selected by the Chairman of Surgery as the sole administrative chief resident
2019 - 2020	MUSC Administrative Chief Fellow , Highest ranking fellow in charge of all aspects of Division Residency Coordination

RESEARCH & PUBLICATIONS

Publication

Functional Outcomes of Chemoradiation in Patients with Head and Neck Cancer. Otolaryngology Head Neck Surgery 2013 Jan;148(1):64-8.

Ozlem E. Tulunay-Ugur, Christopher McClinton, **Zachary Young**, Jose A. Penagaricano, Anne M. Maddox, Emre Vural.

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Reverse Radial Forearm Flap for Dorsal hand Degloving Injury. Plastic Surgery Education Network. April 2018.
<http://www.psenetwork.org/casereport/reverse-radial-forearm-flap-dorsal-hand-degloving--3>. **Zachary T. Young, MD**; Marion Tapp, BS; Jason Ulm, MD; Fernando A. Herrera, MD

Reduction Mammoplasty NSQIP Analysis of 12,198 patients. Evaluation of Patient Complications in the Elderly Population. *Ann Plast Surg*. 2019 Jun;82(6S Suppl 5):S446-S449. **Zachary T. Young, MD**, Michaela Close, BS, Fernando Herrera, MD

Inglesby, D.C., **Young, Z.T.**, Herrera, F.A. High Pressure Injection Injury to the Hand. *American Society of Plastic Surgery Education Network*, September 2019.
<https://ednet.plasticsurgery.org/diweb/catalog/item?id=4712050>

Inglesby, D.C., **Young, Z.T.**, Alshareef, M., Ritter, A., Gunasekaran, A., Kalhorn, S.P., Tavana, M.L. Paraspinous Muscle Flaps for the Treatment of Complex Spinal Wounds. *Spine*. May 2020. doi: 10.1097/BRS.0000000000003341

Podium Presentation

Reduction Mammoplasty NSQIP Analysis of 12,198 patients. Evaluation of Patient Complications in the Elderly Population.
American Society of Plastic Surgery. 2018
Zachary T. Young, MD, Michaela Close, BS, Fernando Herrera, MD

A Reduction Mammoplasty NSQIP Analysis of 9110 Patients, Identifying Risk Factors Associated with Complications in Patients over 60 years of Age.
Southeastern Society of Plastic and Reconstructive Surgeons. 2018
Zachary T. Young, MD, Michaela Close, BS, Fernando Herrera, MD

Double Donut Technique for Reduction Mammoplasty in Gynecomastia.
American Society of Breast Surgeons. 2015
Zachary Young, Richard Betzold, Kyle Kalkwarf, Kara Spinks, Kyla Joubert, Anne Mancino

Decision Making in Post-chemoradiotherapy Neck Dissections
Otolaryngology Head and Neck Surgery 2011 145: P63
Ozlem E. Tulunay-Ugur, MD; Brendan C. Stack Jr, MD; Emre A. Vural, MD; James Y. Suen, MD; Kaete Archer, MD; **Zachary Young, MD**

Inglesby, D.C., Ritter, A., **Young, Z.T.**, Tavana, M. The Utility of Paraspinous Muscle Flaps in Coverage of Complex Spinal Neurosurgical Wounds. Presented at the *South Carolina Society of Plastic Surgery*, Columbia SC, July 2019.

Poster Presentation

A Reduction Mammoplasty NSQIP Analysis of 9110 Patients, Identifying Risk Factors Associated with Complications in Patients over 60 years of Age.
Resident Research Day, Medical University of South Carolina. 2018
Zachary T. Young, MD, Michaela Close, BS, Fernando Herrera, MD

Necrotizing Soft Tissue Infection Originating from Squamous Cell Carcinoma Of The Buttock.

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Arkansas Chapter of The American College of Surgeons. 2015.

Zachary Young, KJ Kalkwarf, RD Betzold, M Rueda, MK Kimbrough.

Partial Anomalous Pulmonary Venous Connection Encountered During Lung Resection for Non-Small Cell Lung Cancer.

Chest 2014

KJ Kalkwarf, RD Betzold, **Zachary Young**, MA Steliga.

Abstracts

Inglesby, D.C, **Young, Z.T.**, Herrera, F.A. Botulinum toxin for the management of treatment-refractory Raynaud phenomenon. Accepted for the *American Association for Hand Surgery Meeting*, Ft. Lauderdale, FL, January 2020.

Book Chapters

Anne T. Mancino, **Zachary T. Young**, Kirby Bland. (2018). Gynecomastia. In *The Breast: Comprehensive Management of Benign and Malignant Diseases*. (5th ed. Ppp 104-115) Philadelphia, PA: Elsevier, 2018. Print

LEADERSHIP

2019 - 2020 Administrative Chief Fellow for the Division of Plastic and Reconstructive Surgery (MUSC)
2016 - 2017 Administrative Chief Resident for the Department of General Surgery (UAMS)
2015 - 2017 Resident Educator (UAMS)
2015 - 2017 Physician Communication Committee of the Hospital Medical Board (UAMS)
2012 - 2013 Physician Committee for Venous Thromboembolism Prophylaxis (UAMS)

EXTRACURRICULAR ACTIVITIES

June 2011 Operation New Life: Craniofacial mission trip, Tegucigalpa, Honduras
Oct 2004 - May 2006 Big Brother Big Sisters of Northwest Arkansas mentor, Fayetteville, AR
Sept 2003 - May 2006 North American Food Drive, Fayetteville, AR
1996 - 2001 Numerous church affiliated mission trips to underserved areas in the Southeastern United States: 1-2 trips per summer

ARKANSAS PLASTIC SURGERY

MAKING SENSE OF CERTIFICATION

Almost everyone has heard that they should look for "board certification" when seeking a qualified plastic surgeon (or any other physician for that matter). Most people don't really understand exactly what this means and what is involved in becoming "board certified."

Even fewer people know about certification of operating facilities, who certifies them and what protection such certification offers. We believe patients need this information to make informed choices in their search for the right surgeon, surgery facility and anesthesia provider.

At our office, we have gone to great effort and expense to ensure the highest standard of safety for our patients. As you consider plastic surgery, we hope the following information will help you to evaluate the choices available to you.

CERTIFICATION OF YOUR SURGEON

The American Board of Medical Specialists (ABMS) is the agency which oversees sub-specialty boards. More than 100 "boards" have been submitted to the ABMS for formal approval, but only 24 have met their strict educational and examination criteria. They are as follows:

Allergy and Immunology, Anesthesiology, Colon and Rectal Surgery, Dermatology, Emergency Medicine, Family Practice, Internal Medicine, Medical Genetics, Neurological Surgery, Nuclear Medicine, Obstetrics and Gynecology, Ophthalmology, Orthopedic Surgery, Otolaryngology (ear, nose, throat), Pathology, Pediatrics, Physical Medicine and Rehabilitation, **Plastic Surgery**, Preventive Medicine, Psychiatry and Neurology, Radiology, Surgery, Thoracic Surgery, and Urology

The American Board of Plastic Surgery is the only ABMS board that has traditionally overseen the training and certification of cosmetic and reconstructive surgeons.

You may call the ABMS at 1-866-275-2267 to see if your surgeon is certified by the American Board of Plastic Surgery. Give them the name of your surgeon and they will tell you if and when he or she was certified. Certification by other boards does not give you the same protection. Other boards have less strict criteria for certification and some require only a fee. A few of the boards which have not been approved by the ABMS are as follows:

Aesthetic Plastic Surgery
Cosmetic Plastic Surgery
Facial Cosmetic Surgery

Plastic Esthetic Surgery
Dermatologic Surgery
Ophthalmic Plastic Surgery

You may also want to call the local hospital and ask the Medical Staff Office secretary whether your surgeon has privileges to perform the proposed procedures in the hospital.

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ANESTHESIA OPTIONS

Whenever you are heavily sedated or have general anesthesia, you put your life in someone else's hands. Much of that responsibility falls to the person administering the medications and monitoring your vital signs. You need to know the qualifications of the person assuming that responsibility. Their training can range from specialization after earning a medical degree (anesthesiologists) to specialization after nursing training (nurse anesthetists) to nursing training only.

We have chosen to use board-certified anesthesiologists for all of our general anesthesia and for monitored anesthesia care. Some of our anesthesiologists are board certified in at least one other specialty as well. We choose physicians who are in active practice at a hospital because we believe their skills will be at the highest level in the event of an emergency.

OTHER ANESTHESIA - CERTIFIED REGISTERED NURSE ANESTHETIST (CRNA)

A CRNA is an RN who has completed an additional two years of specialized training in anesthesiology. Their certification is also overseen by each state's Board of Nursing. In contrast to an RN, a CRNA is able to administer general anesthesia.

YOUR SURGEON

In some centers your surgeon may actually be the person administering the medications to make you drowsy during your surgery. Almost never does he or she personally monitor your vital signs. This is usually done by a member of his staff, most often a nurse.

REGISTERED NURSE (RN)

Each state has its own Board of Nursing, but there is a great deal of common requirements between states. He or she is licensed to administer intravenous drugs at the direction of the surgeon and monitor your vital signs.

CERTIFIED PLASTIC SURGICAL NURSE (CPSN)

These nurses have worked full time for a minimum of two years in the field of plastic surgery before they are eligible to take a national certifying exam.

CERTIFICATION OF THE FACILITY

At the present time there are few local, state or federal laws requiring office-based operating rooms be certified. Any physician may perform any procedure in an office as long as basic fire and safety codes are met. No level of sanitation, patient care, monitoring or peer review is required. Unfortunately, tragic consequences have occurred because of faulty equipment, lack of trained personnel and inadequate emergency equipment. As a result, there will most likely be requirements imposed in the future, but for now certification is purely voluntary.

ARKANSAS PLASTIC SURGERY

GOING TO THE SURGERY CENTER

Going to the operating room is not a normal experience for most of us. Your surgeon and all of the professional staff caring for you recognize the natural anxiety with which most patients approach this step in the process of achieving their goals. We believe a description of the surgery experience will be helpful.

Your surgery will be performed in a state-of-the-art operating suite. **YOU WILL NEED TO ARRIVE 90 MINUTES EARLY** the day of your surgery.

Specialists using modern equipment and techniques will attend to you. The team includes a board-certified anesthesiologist, a trained operating room technician and a registered nurse in charge of the operating room.

When you arrive, you will be escorted to the surgery suite. You will be asked to change into a gown and robe and will be given foot covers. Your surgeon and the anesthesiologist will meet with you before you enter the operating suite. This is the time for final surgical planning; it is also when we will do basic preparation or draw on your skin as needed. There will be time for last minute questions.

Once you enter the operating room, the staff will do everything they can to make you feel secure. You will feel comfortable on a deeply padded operating table, and the nurse or the anesthesiologist will start an intravenous drip in your arm. At the same time, to ensure your safety, our staff will connect you to monitoring devices. Medicines that will make you drowsy will flow through the tubing into a vein in your arm.

THE RECOVERY ROOM

When your surgery has been completed and your dressings are in place, you will be moved to the recovery room. You will be connected to monitoring equipment constantly. During this period, a fully trained recovery room nurse will take care of you and remain with you at all times. The registered nurses in the recovery room are specially certified for advanced cardiac life support. The recovery room is equipped just like one in a hospital, and that is one of the reasons this facility is fully accredited.

Your stay in the recovery room will last from 1 to 4 hours, depending on how soon you are ready to leave. Most patients are fully awake within 30-60 minutes after surgery but may not remember much about their stay in the recovery room.

POST SURGERY ARRANGEMENTS

AT HOME You must arrange for someone to bring you to and drive you home from the surgery center. Either a family member, a friend, or a nurse must remain with you the first night after surgery because you will have been sedated.

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PREPARING FOR SURGERY (STARTING NOW)

STOP SMOKING Smoking reduces circulation to the skin and impedes healing.

TAKE MULTI- VITAMINS Start taking multivitamins twice daily to improve your general health once you have scheduled your surgery.

TAKE VITAMIN C Start taking 500 mg of Vitamin C twice daily to promote healing.

DO NOT TAKE ASPIRIN OR IBUPROFEN

Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).

LIMIT VITAMIN E Limit your intake of Vitamin E to less than 400 IU per day.

FILL YOUR PRESCRIPTIONS You will be given prescriptions for medications. Please have them filled **BEFORE** the day of surgery and bring them with you **IF** you were instructed to do so.

THE DAY BEFORE SURGERY

CONFIRM SURGERY TIME Please call the surgical facility to confirm the start time of your surgery. You will need to arrive at the surgical facility 90 minutes early.

PRESCRIPTIONS Not all surgeons give prescriptions prior to the day of surgery. If you were given prescriptions to fill ahead of time, and have been instructed to start any medication prior to surgery, please make sure you do so. There is no need to bring prescriptions with you if you are instructed to begin taking them after surgery. If you were not given prescriptions prior to surgery, there is no need to call or worry. They will be given to you when you arrive at the facility for surgery.

CLEANSING The night before surgery, shower and wash the surgical areas with Dial soap.

EATING AND DRINKING

DO NOT EAT OR DRINK ANYTHING AFTER 12:00 midnight. Do not sip on water. Do not chew a piece of gum. Do not suck on a piece of hard candy nor an ice chip. **NOTHING AFTER MIDNIGHT!**

SPECIAL INFO

DO NOT EAT OR DRINK ANYTHING! If you take a daily medication, **DISCUSS THIS WITH YOUR SURGEON PRIOR TO YOUR SURGERY DATE.**

ORAL HYGIENE You may brush your teeth but **DO NOT SWALLOW THE WATER.**

CLEANSING Shower and wash the surgical areas again with Dial soap.

MAKE-UP Please do not wear moisturizers, creams, lotions, or makeup.

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CLOTHING Wear only comfortable, loose-fitting clothing that does not go over your head, but rather buttons up the front. Remove hairpins, wigs, and jewelry including removal from all piercings. Please do not bring valuables with you.

NAILS All fingernail polish and/or acrylic nails must be removed from both index fingers. You may leave polish and acrylic nails in place on the remaining nails.

CHECK IN TIME You are to check in the facility 90 minutes PRIOR TO SCHEDULED TIME. As stated above, if you were not given prescriptions, you will receive them upon arrival at the facility. Patients less than 18 years old must be accompanied by a parent or legal guardian.

MEDICATIONS

GENERAL INFORMATION The doctor and the nursing staff have given you prescriptions for your comfort and care. It is important that you use the medications as directed unless you experience abnormal symptoms that might be related to medication usage.

Symptoms such as itching, development of a rash, wheezing, and tightness in the throat would probably be due to an allergy. Should these occur, discontinue all medications and call the office for instructions during office hours, call the medical exchange if after hours, or call 911 in case of emergency.

MEDICATIONS TO AVOID BEFORE SURGERY

If you are taking any medications on this list, they should be discontinued 2 weeks prior to surgery and only acetaminophen products such as Tylenol should be taken for pain. All other medications, prescriptions, over-the-counter and herbal – that you are currently taking must be specifically cleared by your surgeon prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your surgeon and the nursing staff.

Aspirin Medications to Avoid: *Affect blood clotting.*

4-Way Cold Tabs	Reliever	Isollyl Improved	Pepto Bismol
5-Aminosalicylic Acid	Carisoprodol Compound	Kaodene	Percodan Products
Acetilsalicylic Acid	Cataflam	Ketoprofin	Phenaphen/Codeine #3
Actron	Cheracol	Ketorolac	Pink Bismuth
Actin-B Products	Choline Magnesium	Lodine	Piroxicam
Aleve	Trisalicylate	Lanorinal	Propoxyphene Compound
Alka-Seltzer products	Choline Salicylate	Ibuprohm	products
Amigesic Argesic-SA	Cope	Lodine	Robaxisal
Anacin products	Coricidin	Lortab ASA	Rowasa
Anexsia w/Codeine	Cortisone Medications	Magan	Roxeprin
Argesic-SA	Damason-P	Magnaprin products	Saleto products
Arthra-G	Darvon Compound-65	Magnesium Salicylate	Salflex
Arthriten products	Darvon/ASA	Magsal	Salicylate products
Arthritis Foundation	Diclofenac	Marnal	Salsalate
Products	Dipenturn	Marthritic	Salsitab
Arthritis Pain Formula	Disalcid	Mefenamic Acid	Scot-Tussin Original 5-Action
Arthritis Strength BC	Doan's products	Meprobamate	
Powder	Dolobid	Mesalamine	Sine-off
Arthropan	Dristan	Methocarbamol	Sinutab

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ASA	Duragesic	Micrainin	Sodium Salicylate
Asacol	Easprin	Mobidin	Sodol Compound
Ascriptin products	Ecotrin products	Mobigesic	Soma Compound
Aspergum	Empirin products	Momentum	St. Joseph Aspirin
Asprimox products	Equagesic	Mono-Gesic	Sulfasalazine
Axotal	Etodolac	Motrin products	Supac
Azdone	Excedrin products	Naprelan	Suprax
Azulfidine products	Fiorgen PF	Naproxen	Synalgos-DC
B-A-C	Fiorinal products	Night-Time Effervescent	Talwin
Backache Maximum	Flurbiprofen	Cold	Triamicin
Strength Relief	Gelpirin	Norgesic products	Tricosal
Bayer Products	Genprin	Norwich products	Trilisate
BC Powder	Gensan	Olsalazine	Tussanil DH
Bismatrol products	Goody's Extra Strength	Orphengesic products	Tussirex products
Buffered Aspirin	Headache Powders	Orudis products	Ursinus-Inlay
Bufferin products	Halfprin products	Oxycodone	Vanquish
Buffetts 11	IBU	Pabalate products	Wesprin
Buffex	Ibuprin	P-A-C	Willow Bark
products			
Butal/ASA/Caff	Ibprohm	Pain Reliever Tabs	Zorprin
Butalbital Compound	Indocin products	Panasal	
Cama Arthritis Pain	Indomethacin products	Pentasa	

Ibuprofen Medications to Avoid: *Affect blood clotting.*

Acular (ophthalmic)	Haltran	Nabumetone	Rhinocaps
Advil products	Indochron E-R	Nalfon products	Sine-Aid products
Anaprox products	Indocin products	Naprosyn products	Sulindac
Ansaid	Ketoprofen	Naprox X	Suprofen
Clinoril	Ketorolac	Nuprin	Tolectin products
Daypro	Ibuprin	Ocufen (ophthalmic)	Tolmetin
Dimetapp Sinus	Ibuprofen	Oruvail	Toradol
Dristan Sinus	Meclofenamate	Oxaprozin	Voltaren
Feldene	Meclomen	Ponstel	
Fenoprofen	Menadol	Profenal	
Genpril	Midol products	Relafen	

Avoid ALL Diet Aids – Including Over-the-Counter & Herbal: *Intensify anesthesia, serious cardiovascular effects.*

Tricyclic Antidepressants to Avoid: *Intensify anesthesia, cardiovascular effects.*

Adapin	Doxepin	Maprotiline	Tofranil
Amitriptyline	Elavil	Norpramin	Triavil
Amoxapine	Endep	Nortriptyline	Trimipramine
Anafranil	Etrafon products	Pamelor	Vivactil
Asendin	Imipramine	Pertofane	
Aventyl	Janimine	Protriptyline	
Clomipramine	Limbitrol products	Sinequan	
Desipramine	Ludiomil	Surmontil	

Other Medications to Avoid: *Affect blood clotting.*

4-Way w/Codeine	Dicumerol	Macrochantin	Soltic
A.C.A.	Dipyridamole	Mellaril	Sparine
A-A Compound	Doxycycline	Miradon	Stelazine
Accutrim	Emagrim	Opasal	Sulfinpyrazone
Actifed	Enoxaparin injection	Pan-PAC	Tenuate
Anexsia	Fish Oil	Pentoxifylline	Tenuate Dospan
Anisindione	Flagyl	Persantine	Thorazine

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Anturane	Fragmin injection	Phenylpropanolamine	Ticlid
Arthritis Bufferin	Furadantin	Prednisone	Ticlopidine
BC Tablets	Garlic	Protarnine	Trental
Childrens Advil	Garlic Oil	Pyrroxate	Ursinus
Clinoril C	Heparin	Ru-Tuss	Virbamycin
Contac	Hydrocortisone	Salatin	Vitamin E
Coumadin	Isollyl	Sinex	Warfarin
Calteparin injection	Lovenox injection	Sofarin	

Salicylate Medications, Foods & Beverages to Avoid: *Affect blood clotting.*

Amigesic (salsalate)	Pabalate	Almonds	Garlic
Disalcid (salsalate)	Pepto-Bismol (bismuth subsalicylate)	Apples	Ginger
Doan's (magnesium salicylate)	Salflex (salsalate)	Apricots	Grapes
Dolobid (diflunisal)	Salsalate	Blackberries	Pickles
Magsal	Salsitab (salsalate)	Boysenberries	Prunes
Pamprin (Maximum Pain Relief)	Trilisate (choline salicylate + magnesium salicylate)	Cherries	Raspberries
Mobigesic		Chinese Black Beans	Strawberries
		Cucumbers	Tomatoes
		Currants	Wine

Vitamins and Herbs to Avoid:

Affecting blood clotting, affect blood sugar, increase or decrease the strength of anesthesia, rapid heartbeat, high blood pressure, liver damage.

Note: Just because it is not on this list does not mean that it is safe to take while preparing for surgery.

Ackee fruit	Devil's club	Goldenseal	Muwort
Alfalfa	Dong Quai root	Gotu Kola	Nem seed oil
Aloe	Echinacea	Grape seed	Onions
Argimony	Ephedra	Guarana	Papaya
Barley	Eucalyptus	Guayusa	Periwinkle
Bilberry	Fenugreek seeds	Hawthorn	Selenium
Bitter melon	Feverfew	Horse Chestnut	St. Johns Wort
Burdock root	Flax Seed Oil	Juniper	Valerian/Valerian Root
Carrot oil	Fo-ti	Kava Kava	"The Natural Viagra®"
Cayenne	Garlic	Lavender	Vitamin E
Chamomile	Ginger	Lemon Verbena	Willow Bank
Chromium	Ginkgo	Licorice Root	Yellow Root
Coriander	Ginkgo Biloba	Ma Huang	Yohimbe
Dandelion Root	Ginseng	Melatonin	
	Gmena		

If you are taking anything not on this list, please call the office at (501) 219-8388 to notify us and make sure that it is okay.

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AS YOU HEAL

Support from family and friends is very helpful, but because they may not understand what constitutes a normal postoperative course, their comments may unintentionally create emotional turmoil for you. We will tell you honestly how you are doing and what we expect your result to be. Please trust in our knowledge and experience when we discuss your progress with you.

Although plastic surgery has certainly "come out of the closet" in the past decade, your friends may still be reluctant to bring up and discuss what they believe is a private matter. Patients occasionally feel upset that "no one noticed" or "said anything." If you feel comfortable discussing your surgical experience, do so openly. When people ask how you are, respond by saying, "I feel wonderful. I just had cosmetic surgery and I'm recovering." This lets people know that they may talk freely with you. Often when patients are open, they find that their friends and acquaintances are very interested in discussing the subject.

DEPRESSION

Quite frequently patients experience a brief period of "let-down" or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better "instantly," even though they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a "natural" phase of the healing process may help you to cope with this emotional state.

HEALING

Everyone has the capacity to heal themselves to one degree or another. Clearly this ability is variable and depends upon a number of factors such as your genetic background, your overall state of health and lifestyle (exercise, diet, smoking, drinking, etc.). Many people believe the surgeon "heals" the patient. No one person can make another heal. Your surgeon can facilitate (but not accelerate) the healing process. Your cooperation and close attention is extremely important and in your best interest.

FOLLOWING INSTRUCTIONS

Another major factor in the course of healing is whether you follow the instructions given by your surgeon verbally and in this booklet. Such guidelines are designed to promote the healing process and to prevent the occurrence of anything which may interfere with recovery. It is imperative that you recognize that you are a partner in this process and have a responsibility to follow instructions carefully. The instructions, based on broad experience, are designed to give you the best opportunity for healing without delay or surprise.

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POSTOPERATIVE CARE – OUTPATIENT SURGERY

YOUR FIRST 48 HOURS – VERY IMPORTANT

If you have severe pain that is not responding to pain medication, swelling that is greater on one side than the other, incisions that are RED or FEVERISH, a fever of 101 or above, or excessive bleeding, call the office at during the day at 501-219-8388, or the medical exchange at 663-8400 at night.

YOUR FIRST 24 HOURS

If you are going home, an ADULT family member or ADULT friend must drive you because you have been sedated. You will not be allowed to use public transportation. Someone must stay overnight with you. This is important because of the danger of falling or overmedicating yourself. If you choose to go to a postoperative center, they will provide transportation. If you have any questions about these matters, please ask one of our nursing staff.

DRESSINGS

Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so. If you have excessive bleeding or the bandages are too tight, call the office or the medical exchange.

DRIVING

Please don't drive for at least 2 days after general anesthesia or intravenous sedation or while taking prescription pain pills.

ARKANSAS PLASTIC SURGERY

FINANCIAL POLICIES

As patients contemplate surgery, they frequently need information about the various payment options and have questions about their potential insurance benefits. We hope the following information will be helpful. Our financial coordinators are readily available to meet with you personally to provide the specific information you desire. They specialize in this area and will use their expertise to help you obtain the maximum benefits from your policy.

PAYMENT OPTIONS

Payment for cosmetic plastic surgery is due in full two weeks prior to your surgery. A 10% downpayment may be required the day you schedule your surgery. We provide a number of payment options which may be used individually or combined according to your wishes.

Cash or Check: Personal check, cashier's check, or cash.

Credit Cards: Visa, Mastercard, American Express, Discover

Financing Plans: We will be happy to assist you with applying for financing should you so desire. Feel free to obtain financing on-line at:
www.carecredit.com*

*(CareCredit is a credit card program. It is offered by a third-party and is not an "in-house" payment or billing plan. If utilized, paying the minimum amount on deferred interest promotions will not pay off the balance within the promotional period. Please contact CareCredit.com for more information.)

INSURANCE COVERAGE

The benefits paid by insurance companies for surgery vary greatly from carrier to carrier and plan to plan. Therefore, we make every effort to determine in advance if insurance coverage exists. We ascertain the projected insurance payment and the required co-payment. We do this because we believe you need to be as informed as possible before surgery. We know you realize that you are ultimately responsible for the full payment of your account, but we have found that our knowledge and experience can be an important factor in assisting you to collect your maximum benefits.

Please discuss all arrangements regarding payment of your account with us.

CANCELLATION POLICY

We understand that a situation may arise that could force you to postpone or cancel your surgery. Please understand that such changes affect not only your surgeon, but other patients as well. Your surgeon's time, as well as that of the operating room staff, is a precious commodity, and we request your courtesy and concern. Sudden illness of yourself or a death in your immediate family should be the only reasons for cancellation AFTER the deadline has passed. It is very difficult to find someone to move into your time slot with short notice.

If you have any questions or need assistance with financial matters, please ask us to help you.

ARKANSAS PLASTIC SURGERY

DOWNPAYMENT

The decision to schedule your cosmetic procedure is very important. When you choose a date on our calendar, you are making a commitment to the doctor and his staff's time, the operating room staff's time and the anesthesiologist's time. Sudden illness of yourself or a death in your immediate family should be the only reasons for cancellation. It is very difficult to find someone to move into your time slot with short notice. This potentially leaves everyone involved with an empty schedule. Therefore, a 10% or 20% downpayment of your surgeon's fee (varies by surgeon) or payment in full is required for scheduling. The downpayment or the percentage of your surgeon's fee will be forfeited if you cancel surgery outside of the cancellation policy. If you should cancel your surgery at least 4 weeks (30 days) prior to surgery, the downpayment or payment in full will be refunded.

THE DOWN PAYMENT OR PERCENTAGE OF YOUR SURGEON'S FEE IS NON-REFUNDABLE IF CANCELLATION IS LESS THAN FOUR WEEKS (30 DAYS) PRIOR TO SURGERY.

PLEASE NOTE: THE DOWN PAYMENT OR PAYMENT IN FULL IS REQUIRED AT THE TIME YOUR SURGERY IS SCHEDULED.

It is okay to reschedule to a different date if the change is made at least four weeks prior to your surgery date. Please consider this when scheduling your surgery.

CREDIT CARD

A credit card may be kept in a secure data file.

WHEN YOU RETURN THE ORIGINAL PACKET, THE REMAINING BALANCE OF YOUR SURGEON'S FEE IS DUE. YOU MAY NEED A CREDIT CARD ON FILE. IF THE REMAINING BALANCE HAS NOT BEEN PAID TWO WEEKS PRIOR TO YOUR SURGERY DATE, YOUR CREDIT CARD WILL BE CHARGED FOR THE BALANCE DUE.

FMLA PAPERWORK and/or DISABILITY PAPERWORK

There is a one-time \$25.00 fee payable to our office for completion of FMLA and/or Disability paperwork. This fee shall be paid prior to our services being rendered.