

L. Dwight Baker, Jr., M.D., FACS
105 Professional Lane
Dothan, Alabama 36305
(334)793-3113

Surgery Instructions

Thank you for choosing Dr. Baker for your upcoming breast augmentation. Listed below are some very important instructions that you must follow. They are as follows:

1. Your surgery has been scheduled for _____ at Flowers Hospital.
2. We will contact you ***the day before your surgery*** to give you your arrival time. We will call you as soon as we have the time coordinated.
3. A \$500.00 deposit is required to schedule your surgery. The remaining balance must be received two weeks prior to your surgery date in the form of cash, cashier's check, money order, VISA or MasterCard or American Express. ***WE WILL NOT ACCEPT PERSONAL CHECKS OR DEBIT CARDS AT THIS POINT.***
4. Please remember nothing to eat or drink after midnight the night before your surgery. This is very important. Your surgery may be cancelled if you eat or drink anything after midnight the night before surgery. Your pre-op medications should be taken with only a sip of water.
5. Bathe with **Hibiclens** the night before and the morning of surgery from head to toe (including your hair).
6. Medications
 - Robaxin** - Muscle Relaxer. Take two caplets the night before surgery and two the morning of surgery with only a sip of water. Then two should be taken four times per day following surgery.
 - Celebrex** - Anti-inflammatory. Take one the night before surgery and then one each night thereafter.
 - Duricef** – Antibiotic. You will begin after surgery. Take one capsule twice a day until all are taken.
 - Lorcet Plus** – Pain medication. Take one every four hours as needed for pain.
 - Zofran** – Nausea medication. – One under the tongue every eight hours if needed for nausea.
 - Valium** – Anxiety medication. You may begin using these one to two days before surgery only if needed for anxiety. Take one every four hours as needed for anxiety. Please **do not take** any Valium the night before surgery or the morning of surgery. If you take this medication the night before or the morning of, your surgery may be cancelled.

7. You must bring someone to take care of you. If you do not have someone present to drive you home from the Flowers Hospital you will not be allowed to proceed with surgery.
8. Remember to bring your sports bra to the hospital, preferably one that fastens in the front or back.
9. You will need something for ice packs after your surgery. We suggest gallon zip lock freezer bags. These seem to work real well.
10. If you reside over two hours away you must be prepared to stay in town overnight following your surgery. Please let us know where you will be staying.
11. If you should need to cancel or reschedule your surgery, we must know at least five (5) business days prior to your surgery date or you will forfeit your deposit.
12. Wear loose fitting, comfortable clothes such as a large button-up shirt or a warm-up. Bring a pair of socks.
13. Do not wear any nail polish, make-up, or jewelry the day of surgery. Please be sure not to wear any lotion the day before your surgery or the day of surgery. This is especially important so that your surgical markings remain unchanged prior to surgery.
14. You will be examined in our office the morning after surgery. This appointment will be made for you at the time you are discharged from the surgery facility.
15. There are certain medications you should avoid three (3) weeks prior to your surgery and (3) weeks after your surgery. We have attached a listing of these medications.
16. As a reminder, if you are 35 years old or older, or if you have a strong family history of breast cancer, we require you to have a mammogram within the last year. You may fax the mammogram report to 334-671-2894.
17. Please call Flowers Hospital Outpatient at 334-794-7610 to schedule a pre-anesthesia assessment appointment. This is recommended to be done 10 – 14 days prior to your surgery date. If you reside more than 1 hour away and find this difficult, please address this with our Patient Coordinator.
18. Take all of your medications, your sports bra and gallon ziplock freezer bags to the hospital the morning of surgery.

19. You need to be prepared to be at the hospital for at least 6 to 8 hours. We try to reduce your wait time as much as possible but surgery can be unpredictable

20. Dr. Baker's routine follow-up schedule is as follows:
 - a) First dressing change by nurses in the office at one day post-op. Detailed instructions regarding wound care and post op activities are reviewed at this time.
 - b) Removal of steri strips and exam by the nurse at 2 weeks post op surgery.
 - c) Examination by Dr. Baker at 6 weeks post op for breast lifts.
 - d) Examination by Dr. Baker at 3 months post op surgery.
 - e) Examination by Dr. Baker at 1 year and then two more times within 10 years following your surgery for patients receiving silicone gel implants.
 - f) The above postoperative visits after surgery are included in the cost of the initial surgery.
 - g) Rarely, additional post operative office appointments may be necessary, depending on the individual needs of each patient.

If you have any questions regarding these instructions, please call our office at 334-793-3113.

Dothan Area Lodging

Americas Best Value Inn & Suites	2901 Ross Clark Circle	888-315-2378
Best Western Dothan Inn & Suites	3285 Montgomery Hwy.	888-780-7234
Courtyard by Marriott	3040 Ross Clark Circle	334-671-3000
Days Inn	3071 Ross Clark Circle	334-671-3700
Dothan National Golf Club & Hotel	7410 Hwy 231 South	334-677-3321
Econolodge	2910 Ross Clark Circle	334-673-8000
Fairfield Inn by Marriott	3038 Ross Clark Circle	334-671-0100 800-228-2800
Guesthouse International	1075 Ross Clark Circle	337-793-2525
Hampton Inn & Suites	4684 Montgomery Hwy	800-426-7866
Holiday Inn Express Hotel & Suites	4090 Ross Clark Circle	334-699-6868
Holiday Inn South	2195 Ross Clark Circle	334-794-8711
Howard Johnson Lodge	2244 Ross Clark Circle	337-792-3339
InTown Suites	2880 Ross Clark Circle	800-553-9338
Knights Inn	2841 Ross Clark Circle	334-793-2550
Motel 6	2907 Ross Clark Circle	334-793-6013
Quality Inn	3053 Ross Clark Circle	334-794-6601
Residents Inn by Marriott	186 Hospitality Land	888-236-2427
Sleep Inn & Suites	4654 Montgomery Hwy	334-671-2086
Super 8	2215 Ross Clark Circle	334-792-3232

This is a list of medications that should not be taken at least three weeks before your surgery and three weeks after your surgery. Any usage of any of these medications could result in the cancellation of your surgery. If there is a medication that you could have a question about, please contact our office.

MEDICATION LIST

ADVIL	ECITRAIN	PROPADRIN
ALEVE, ALKA SELTZER	ECOTRIN	QUITE WORLD
ANACIN	EDRISAL	ROBAXISAL
ANALGESIC/SLEEPING AID	EMPIRIN	RUFFEN
ANAPROX	EMPRAZIL	SAL-FAYNE
ANSAID	EQUAGESIC	ST. JOSEPHS
ARTHRITIS PAIN FORMULA	EXCEDRIN	COLD TAB
ARTHRITIS STRENGTH BUFFERIN	FELDENE	STANBACK
ASCODEEN	FIORAGESIC	ANALGESIC
ASCRIPITIN	FIORINAL	STANCO
ASPERGUM	FIZRIN	
ASPIRIN SUPPOSITORIES	FOUR WAY COLD TAB	
AZOLID	IBUPROFEN	
B-A	INDOCIN	STENDIN
BAYER COLD TABS	LIQUIPRIN TAB	SUPAC
BC POWDER TABS	MEASURIN	SUPER ANAHIST
BUFF-A-COMP	MECLOMEN	SYNALGOS DC
BUFFAPRIN	MIDOL	TANDERIL
BUTAZOLIFIN	MOTRIN	TOLECTIN
CAMA	NAFLON	TORADOL
CEPHLAGESIC	NAPROSYN	TRIGESIC
CLINIROL	NILAIN	VANQUISH
CONGESPIRIN	NORGESIC	VIRO-MED TABS
COPE	NUPRIN	VOLTAREN
COUNTERPAIN	ORUDIS	ZACTRIC
DAPRISAL	OXALID	ZOMAX
DARVO-TRAN	PABIRIN	ZORPRIN
DARVON WITH ASA	PACAPS	GOODY'S
DARVON COMPOUND	PANALGESIC	HEADACHE
DAYPRO	PANODYNES	POWDERS
DOLCIN	PERCODAN	
DOLOBID	PERSISTIN	
DOLOR	PONSTEL	
DURAGESIC	POWERS	

ANY VITAMIN "E" OR "C" THAT IS IN ANYTHING OTHER THAN A REGULAR MULTIVITAMIN. ANY HERBAL PREPARATIONS, INCLUDING ST. JOHN'S WORT AND GINGKO BILOBA. ANY GREEN TEA.