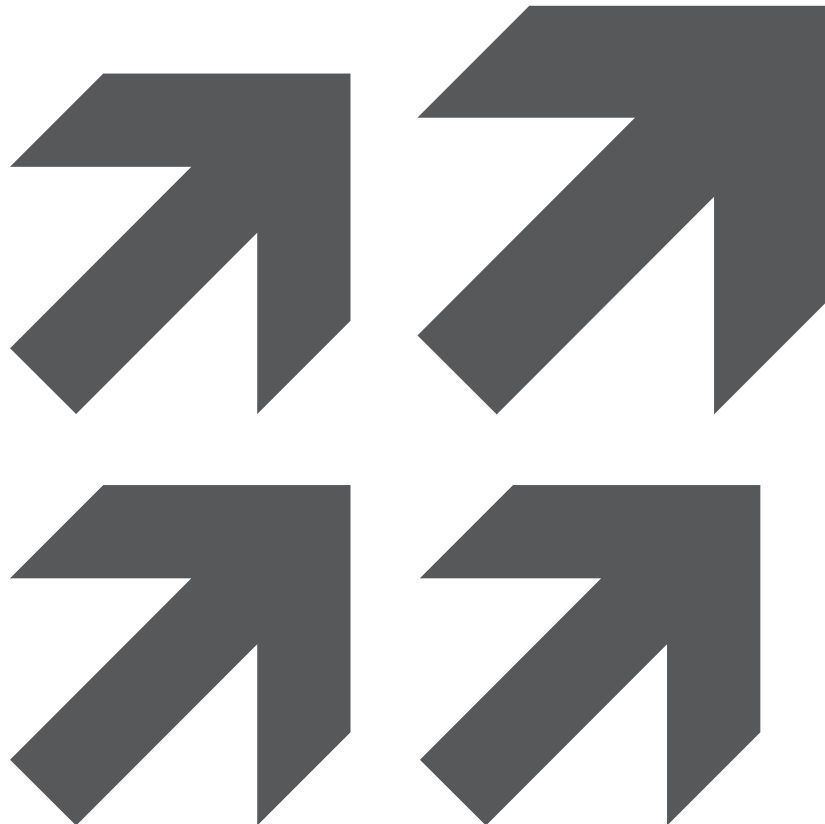


Surgery Preparation & Follow Up (SP&F) Checklist



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Name: _____ Surgery date: ____/____/____

Introduction

The *Surgery Preparation & Follow Up (SP&F) Checklist* contains lists of activities to prepare for, and specific to, the days just before, during, and after your surgery. The checklist is meant to complement the *Phalloplasty Timelines & Guidelines (PT&G)* document. The PT&G provides timelines and guidelines for activities that you must keep doing over a longer period of time leading up to and following your surgery. It also includes timelines for the *Surgery Preparation & Follow Up (SP&F) Checklist* sections. In some cases, individual activities may appear in both documents, where there is overlap, or a wish to emphasize the importance of particular activities.

Be sure to pay close attention to both the *Phalloplasty Timelines & Guidelines (PT&G)* and *Surgery Preparation & Follow Up (SP&F) Checklist* documents provided to you.

Section a

Some things to do in the weeks before surgery

☐ PHALLOPLASTY SURGERY SCREENING QUESTIONNAIRE

Be sure you have completed and updated the Phalloplasty Surgery Screening Questionnaire. This document is vitally important to be sure that you are not at risk for this surgery. Before you begin taking a medication or supplement that you have not listed on the Phalloplasty Surgery Screening Questionnaire, please call our office (858-551-9502).

☐ MEDICATIONS TO AVOID

A complete list of medications that are to be avoided before surgery is located in Section F of the *Phalloplasty Timelines & Guidelines (PT&G)* booklet. Please review this list, and ask about specific medications you may be considering taking or are currently taking. If you are currently taking one or more of the listed medications, and a doctor has prescribed the medication(s) for you, **notify your surgeon immediately. Not taking these prescribed medications may seriously affect your health.** In order to avoid this, you may be asked to obtain medical clearance for your cosmetic surgery from your primary care physician. This clearance must include instructions regarding how to use the medications that you are currently taking.

☐ BLOOD & URINE TESTS, EKGS & X-RAYS

Blood tests are required prior to surgery. This helps ensure that you are in good health and alerts the surgeon to any abnormalities that could detract from your surgical results. The patient is responsible for these costs.

The required pre-surgery lab work includes CBC, PT, PTT, INR, a routine chemistry panel (Comprehensive Metabolic Panel, or CMP), and a urine panel. Blood work must also include tests for the HIV antibody, the Hepatitis B surface antigen, and the Hepatitis C antibody. If the patient is over 45 years old, he must have an EKG, and smokers must have a chest x-ray.

☐ REPORT HEALTH CHANGE OR DISCOMFORT

If you experience any change in your health status or any discomfort, such as a runny nose, sore throat, or worse, be sure to bring it to the immediate attention of your surgeon. Such a change could signal the need to postpone surgery.

☐ HOTEL ROOM

Arrange for your hotel room for the night before and the night after surgery. You may also want to arrange for someone to stay with you the night before surgery and/or accompany you home from the hotel the day after surgery.

☐ CAREGIVER

We recommend that you have someone stay with you the night after surgery to ensure that you can remain worry and stress free during this time of bed rest and recovery. If you need help in making these arrangements, please request our office to supply you with the names of nursing services to contact.

☐ **TRANSPORTATION**

Arrange to be transported to and from the surgery center. Since **you cannot drive after this surgery**, you will need to take a taxi to the surgery center on the day of your surgery, unless you have someone to transport you. If someone transports you to the surgery center, he/she must remain at the center during your surgery and transport you back to your hotel when you have been cleared to leave.

☐ **PRESCRIPTIONS AND SUPPLEMENTS**

Before your surgery, fill your prescriptions, and buy all supplements that you are required to take after surgery. Your prescriptions will be provided to you at your appointment on the day before surgery. As outlined in the PT&G, you will begin taking some of these in your hotel room after surgery, as needed. You will begin taking others the day after surgery, again, as outlined in the PT&G.

☐ **BOXER SHORTS AND LOOSE-FITTING SWEATPANTS**

Have boxer shorts and loose-fitting sweatpants available to wear after your surgery.

☐ **RESTFUL ACTIVITIES AND SNACKS**

Buy or gather things to do while resting in bed and/or your favorite snacks.

☐ **PHALLOPLASTY TIMELINES & GUIDELINES (PT&G)**

Continue to follow the instructions in the *Phalloplasty Timelines & Guidelines (PT&G)* booklet.

Signature: _____ **Date:** ____/____/____

Section b

Some things to do the night before surgery

☐ BEFORE MIDNIGHT, EAT A HEALTHY LAST MEAL BEFORE SURGERY

Finish eating a healthy meal no later than midnight before surgery. Avoid spicy foods.

☐ NO FOOD OR FLUID AFTER MIDNIGHT BEFORE SURGERY

From midnight before surgery **until after surgery, you must have nothing to eat or drink.** After midnight before surgery, do not eat any food, chew gum, or drink any fluids, including water, until after the surgery. **Failure to follow this instruction increases your anesthetic risk and will require your surgery to be postponed or rescheduled for a later date.** If you have a preexisting medical condition, such as high blood pressure, asthma, or any other medical problem and need to take your regular medication in the morning, please contact your surgeon for verification. Normally, you should have already obtained clearance regarding prescribed medications under Medications to Avoid in Section a of this SP&F document. If the surgeon has cleared you to take your regular morning medications, you may take them with a sip of water.

☐ PHALLOPLASTY TIMELINES & GUIDELINES (PT&G)

Continue to follow the instructions in the *Phalloplasty Timelines & Guidelines (PT&G)* booklet.

Section c

Some things to do the morning of surgery

☐ **NO FOOD OR FLUID UNTIL AFTER SURGERY**

Continue your fast begun at midnight. You must continue to avoid food and fluids until after surgery. Do not eat any food, chew gum, or drink any fluids, including water, until after the surgery. **Failure to follow this instruction increases your anesthetic risk and will require your surgery to be postponed or rescheduled for a later date.** If you have a preexisting medical condition, such as high blood pressure, asthma, or any other medical problem and need to take your regular medication in the morning, please contact your surgeon for verification. Normally, you should have already obtained clearance regarding prescribed medications under Medications to Avoid in Section a of this SP&F document. If the surgeon has cleared you to take your regular morning medications, you may take them with a sip of water.

☐ **CLOTHING**

Dress in comfortable attire. A slip-on shoe or sandal is recommended.

☐ **DEVICES TO AID SEEING, HEARING, AND EATING**

Bring any supplementary devices with you that you may need for seeing (glasses, contact lenses), hearing (hearing aids, pocket amplifier), or eating (dentures).

☐ **VALUABLES AND JEWELRY**

Leave all valuables and jewelry at home.

☐ **PACK BOXER SHORTS AND LOOSE-FITTING SWEATPANTS**

Pack boxer shorts and loose-fitting sweatpants to wear after the surgery.

☐ **PACK RESTFUL ACTIVITIES AND SNACKS**

Pack things to do while resting in bed and/or your favorite snacks.

☐ **PHALLOPLASTY TIMELINES & GUIDELINES (PT&G)**

Continue to follow the instructions in the *Phalloplasty Timelines & Guidelines (PT&G)* booklet.

Signature: _____ Date: ____/____/____

Section d

Some things to do immediately after surgery

☐ **WHEN CLEARED, RETURN TO THE HOTEL**

Rest until cleared to leave by your surgeon or anesthesiologist. At that time, get dressed in your boxer shorts, loose-fitting sweatpants, and other clothing. When dressing, allow the penis to remain in a straight position. Return to the hotel, where you must rest **until the following morning**.

☐ **DO NOT DRIVE**

Patients receiving general anesthesia should not drive for the remainder of the day of surgery.

☐ **PHALLOPLASTY TIMELINES & GUIDELINES (PT&G)**

Continue to follow the instructions in the *Phalloplasty Timelines & Guidelines (PT&G)* booklet.

Section e

Some things to do upon arrival at your hotel after surgery

☐ **GO DIRECTLY TO BED**

After arriving back at your hotel room, you must go **directly to bed**. Excessive activity could cause major swelling or bleeding. Place the phone, room service menu, TV controls, snacks, and anything else needed for restful activities and sleep within easy reach.

☐ **HAVE A LIGHT ROOM SERVICE MEAL DELIVERED**

Have room service deliver a light meal to your room so that you can rest comfortably. You may resume drinking liquids (**except for alcoholic beverages**) and eat a light meal.

☐ **SLEEP ON YOUR BACK IF POSSIBLE**

If possible, sleep on your back.

☐ **TAKE STEPS TO REDUCE SWELLING AND PAIN**

To reduce swelling and pain, (1) raise your penis and scrotum by putting them on a towel between your legs and (2) apply an ice pack on the surgical area 10 to 15 minutes at a time, 3 to 4 times a day. If necessary, take your prescribed analgesics and/or sleeping medications according to the directions that accompany them.

☐ **REPORT ANY CONCERNS**

Be sure to bring any concerns to your surgeon's immediate attention.

You must inform the office immediately, and see your surgeon for emergency consultation, if you notice any of the following changes that can signal infection: redness of the penis or skin, pain not relieved by the prescribed medications, fever, any type of swelling, opening or separation of the wound, fluid coming from the incision areas or from the skin, pus (infected fluid that is a white/gray/green color) coming from the incision areas and/or from the skin, bleeding, extreme warmth in the surgical area, insomnia, weakness, chills, or any other condition of concern. The surgeon will outline the necessary treatment at that time.

It is normal to experience mild swelling and minor pain sensation in the incision area. The prescribed pain medication and ice pack should help reduce these. It is also normal to experience purple spotting/bruising on the penis, pubic region, and/or scrotum after surgery. This will usually subside and fade away within a week or two. If you have an excessive amount of swelling and bruising, contact the office immediately.

☐ **PHALLOPLASTY TIMELINES & GUIDELINES (PT&G)**

Follow the instructions in the Phalloplasty Timelines & Guidelines (PT&G) booklet.

Continue those things you have already been doing that must be continued after surgery, and pay special attention to things that begin on the day of surgery, such as:

No sexual activity of any kind

No baths or showers or immersion in water. Keep bandages, incisions, and dressings clean and dry.

No heavy lifting or physical activity

Signature: _____ **Date:** ____/____/____

Section f

Some things to do after leaving your hotel the day after surgery (*includes contact information*)

☐ CHECKUP VISITS

After the surgery, you will be asked to contact the clinic periodically and follow up with your surgeon on a regular basis through personal office visits, telephone consultations, and/or e-mail communication. If you live too far from the clinic to make personal visits, you will be required to send an e-mail communication **twice a week**, with attachments containing photos of your surgical site.

☐ OUR SUPPORT

Maximizing your results is a process. We will offer you advice and support after surgery. This includes telephone consultations as well as office assistance. Our support is invaluable to you, as it comes from our personal experience, as well as a successful track record of helping patients achieve excellent results.

☐ REPORT ANY CONCERNS

Be sure to bring any concerns to your surgeon's immediate attention.

You must inform the office immediately, and see your surgeon for emergency consultation, if you notice any of the following changes that can signal infection: redness of the penis or skin, pain not relieved by the prescribed medications, fever, any type of swelling, opening or separation of the wound, fluid coming from the incision areas or from the skin, pus (infected fluid that is a white/gray/green color) coming from the incision areas and/or from the skin, bleeding, extreme warmth in the surgical area, insomnia, weakness, chills, or any other condition of concern. The surgeon will outline the necessary treatment at that time.

It is normal to experience mild swelling and /or purple spotting/bruising on the penis, pubic region, and/or scrotum after surgery. This will usually subside and fade away within a week or two. If you have an excessive amount of swelling and bruising, contact the office immediately.

☐ PHALLOPLASTY TIMELINES & GUIDELINES

Follow the instructions in the *Phalloplasty Timelines and Guidelines (PT&G)* booklet. Continue those things you have already been doing that must be continued after surgery, and pay special attention to things that begin on the day after surgery, such as the new medications and supplements that need to be taken.

☐ CONTACT INFORMATION

Please use the information below to contact Dr. Alexander Krakovsky, M.D., Ph.D.

Phone numbers

Office 858.551.9502

Fax 858.551.9503

E-mail

doctor@penilecosmeticsurgery.com

Address

Penile Cosmetic Surgery Center

El Patio Building

7946 Ivanhoe Avenue, Suite 106

La Jolla, CA 92037

Signature: _____ **Date:** ____/____/____

