

PREPARING FOR YOUR UPCOMING SURGERY

You will receive a confirmation email from Mary Pasache with surgery details including your surgery date, start time, and when to arrive at our office. Mary can be contacted at mary@drkarenhorton.com. Her direct line is **415-923-3046**.

The San Francisco Surgery Center is located inside our office, at Suite 520, 2100 Webster Street, San Francisco 94115, immediately beside the 5th floor elevators in the **Pacific Professional Building**. Parking is available in our building – accessible from Webster Street, just North of Sacramento Street in the Pacific Heights neighborhood of San Francisco.

In advance of surgery, be sure to download the **Symplast Patient App** (our electronic medical record system) to sign your consent forms digitally prior to your preoperative (“preop”) appointment.

Payment for surgery in full is due at your preop appointment. Our office does not offer payment plans. If you are interested in financing your surgery, Mary can provide you with information about the financing companies we work with.

Please ensure you have a ride home from our office from another adult after surgery, even if you live a short walk home and also for procedures planned under local anesthesia. For awake procedures, we usually recommend you take an oral anti-anxiety medication that will prohibit you from driving for 6-8 hours afterwards. We also recommend that another adult stays at home with you the night after surgery, regardless of how minor your procedure is.

BEFORE YOUR PLASTIC SURGERY PROCEDURE

Optimize Your Health Status Before Surgery

To best be ready for your Plastic Surgery procedure, you should be as fit and healthy as possible and as close as possible to your ideal weight. Do your best to minimize or eliminate as many responsibilities as possible at home and work in advance of surgery, as recovery is more challenging if you are dealing with other life stressors. Arrange for sufficient time off work, help with childcare, pet care, and consider getting groceries delivered and your home cleaned by others during your recovery.

We only operate on non-smokers. Nicotine in any form (smoking, vaping, patch, gum) must stop at least 6 weeks in advance of and after any surgical procedure, as nicotine is a potent vasoconstrictor that can cause death of tissue and increase the risk of infection and wound healing disasters.

Avoid alcohol and overly salty foods for a week before surgery and several weeks after surgery - both of these contribute to dehydration. Ensure you are well-hydrated the day before surgery - inserting an intravenous catheter (IV) will be easier, you will experience less nausea after anesthesia and recovery will be better overall.

Medications And Supplements To Discontinue Before Surgery

Please use the Medication Checker on our website to create a personalized list of which medications and supplements to discontinue, and how long prior to and how long for after surgery.

It is important to enter your medications, vitamins, supplements and other drugs taken on occasion (such as Ibuprofen) in advance of your preoperative appointment, as some medications must be stopped several weeks before surgery. You may want to print out this list and bring it with you to your preop appointment to go through it in detail with our Nurse and Dr. Horton.

COVID Tests And Precautions

We are following California Pacific Medical Center (CPMC)'s guidelines for preoperative COVID testing. At this time a COVID test is not required. You will need to complete a COVID questionnaire. If you are feeling unwell or if someone in your household has tested positive for COVID, your surgery will be rescheduled.

Your Ride Home

Your loved one/ride home will be contacted by phone by our Nursing team when you are ready for discharge home after surgery. They are welcome to come to our office and wait for you in our waiting room if that is most convenient. If they do not wish to come up to our office, your ride will be directed to meet you at the loading zone conveniently located in front of our building at 2100 Webster Street for pick-up. Patients receiving general anesthesia will be brought down the elevator in a wheelchair.

Discharge Instructions After Surgery

Detailed discharge instructions will be provided at your preoperative visit, over the phone to your ride and again in person to your loved one when our Nurse brings you down to your ride after surgery.

Please Text Dr. Horton The Night After Your Procedure

You will be provided Dr. Horton's personal cell phone number at your preoperative visit. Please text her to check in the night after your surgery to check in and anytime you have a question or concern before or after surgery, no matter how small. Please identify yourself when you first text Dr. Horton - she will save your number and name so that she knows who is texting the next time.

YOUR PREOPERATIVE VISIT

Your "preop" appointment will be scheduled 1-4 weeks before surgery. At this visit, our Nurse will spend an hour or more with you to thoroughly educate you about how best to prepare for surgery, to teach you about **drains** when indicated, review postoperative restrictions and electronically prescribe an anti-anxiety medication, pain medication, postoperative antibiotics and a preoperative anti-nausea pill to take for general anesthesia cases.

Please make sure that your first follow-up visit is scheduled when you check out at your preoperative visit. For Monday/Tuesday surgeries, the first follow up visit is usually on Friday, and for Thursday surgeries, we usually see you on the following Wednesday.