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MEDICATION INSTRUCTIONS

- Homeopathics** **Arnica Montana 30c: (ALL PATIENTS EXCEPT BREAST AUG and R&R PATIENTS)** Take 5 pellets and allow them to dissolve under your tongue 3 times a day. Begin ONE week before surgery, and continue for TWO weeks after surgery. **Do not take if you are allergic to ragweed Bromelain 500mg:** Take 1 capsule 3 times a day. Begin ONE week before to surgery, and continue for TWO weeks after surgery. These medications help to reduce swelling and bruising postoperatively. They can be purchased at GNC, The Vitamin Shoppe, or any other health food store.
- Antibiotic** **Keflex (cephalexin):** Take one pill four times a day approximately 6 hours apart (for example, 6 AM, 12 PM, 6 PM, 12 AM). It is not necessary to alter your sleep pattern to do this. Take your first dose when you get home from surgery and continue as indicated. It should be taken with food.
OR
Z-Pack (azithromycin): Take 2 pills when you get home from surgery. Then, take 1 pill each day after for 4 days.
Please take your antibiotic until completion unless otherwise directed.
- Pain medication** **Vicodin or Tylenol with Codeine:** This medication is used to relieve postoperative pain. You may take 1 or 2 pills every 4 to 6 hours. You should take this only as needed. Increase your water, fruit, and fiber intake while taking pain medication because it can cause constipation.
Extra Strength Tylenol (acetaminophen): For discomfort that does not require prescription pain medication.
- Anti-nausea** **Zofran (ondansetron):** Bring this medication with you to the office the day of surgery. We will have you take it just before bringing you into the operating room.
- Muscle relaxant** **Robaxin (methocarbamol):** This is for breast augmentation and abdominoplasty patients. Bring this medication with you to the office on the day of surgery. We will have you take it just before bringing you into the operating room. After the procedure you will take one every eight hours as needed to reduce muscle tension and spasm. This can be taken alone or in conjunction with pain medication.

Sleep Aid

Ambien (zolpidem): If necessary this can be prescribed to help you sleep. Take one tablet at bedtime.

Benadryl (diphenhydramine) or Tylenol PM: Take according to the instructions on the package for sleeping difficulty. Allow two hours between taking this and pain medication or sleeping pills.

Anti-Viral

Valtrex (valcyclovir): This is for dermabrasion patients who have a history of cold sores. Take 1 twice a day (breakfast and dinner). You will take this for 1 day before and 10 days after surgery to prevent cold sores around the mouth postoperatively.

Eye Drops

Tobradex (tobramycin/dexamethasone): Place 1-2 drops in each eye every 4-6 hours. It is not necessary to alter your sleep pattern to do this. The drops should first be used when you get home from surgery and should be continued as indicated.