

Gary J. Price, M.D.  
5 Durham Road, Bldg #1, Suite 8  
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Tel #: (203) 453-6635 Fax #: (203) 458-7580

Dear ,

As you approach surgery, it will be our pleasure to help you in any way we can. Your surgery is scheduled on \_\_\_\_\_. Prior to your surgery date, the Nurse will call to notify you of your surgery arrival time.

Enclosed please find some materials which have been prepared to guide you along your preoperative course. **Please read these carefully.** It is important that you follow the directions carefully, prior to your surgical procedure.

Pre-admission testing is required for your surgery. If you are unsure where to have your preadmission testing, please call me at (203) 453-6635 X-305. The test(s) you will need may be a CBC, Electrolytes and or EKG. If you have testing done by your personal physician, please have them *Fax* us a copy of the results. The *Fax* number is (203) 458-7580.

I am also including a copy of our financial policies. **Payment is due in full two weeks prior to surgery.** If you need any help with these matters, please call Kathleen for assistance.

Please feel free to call me at our office, if you have any questions or concerns. We are here to help you.

Sincerely,

Kathleen Bednarczyk  
Patient Coordinator

Enclosures

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**Gary J. Price, M.D.**  
**(203) 453-6635**

## PREPARING FOR SURGERY STARTING NOW

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen (Advil), **TWO WEEKS** prior to surgery. Review the list of drugs containing aspirin and ibuprofen (anti-inflammatory medications) carefully. Such drugs can cause bleeding problems during and after surgery. **Only Tylenol** can be taken.  
**NO OMEGA'S (FLAX & FISH OILS)**
- **LIMIT VITAMIN E:** Limit your intake of Vitamin E to less than 400 mg per day.
- **LIMIT VITAMIN C:** Limit your intake of vitamin C to recommended daily allowances.
- **FILL YOUR PRESCRIPTIONS:** You will be given prescriptions for medications. Please have them filled **BEFORE** the day of your surgery.
- **ST. JOHN'S WORT:** Stop taking, **three weeks** prior to surgery date.
- **GARLIC:** Avoid garlic in pill form **two weeks** prior to your procedure.
- **BRUISING AND SWELLING INHIBITORS:** There have been reports of possible reduction in swelling and bruising by using one of the following: **Arnica** – take three pellets twice a day for 4-5 days prior to surgery, continue for -4 days post operative. (**Arnica can be purchased here in our office or at a Health Food store.**)
- **PRE-ADMISSION TESTING:** Pre-admission testing may be required for your surgery. If you are unsure where to have your pre-admission testing, please call Kathy or Kathleen at (203) 453-6635. If you have testing done by your personal physician, please make sure they **Fax** us a copy of your results at (203) 458-7580.

## THE DAY BEFORE SURGERY

- **PRESCRIPTIONS:** Make sure that you have filled the prescriptions you were given.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas.
- **EATING AND DRINKING:** Do not eat or drink anything after 12:00 midnight. This includes water.

## THE MORNING OF SURGERY

- **SPECIAL INFORMATION:** **Do not eat or drink anything!** This includes any daily medications, although we ask you to **please bring them with you the morning of surgery.**
- **ORAL HYGIENE:** You may brush your teeth but do not swallow the water.
- **CLEANSING:** Shower and wash the surgical areas with regular soap and water.

- **MAKE-UP:** Please **do not wear make-up**, moisturizers, creams, lotions, or nail **polish**.
- **WOMEN: PLEASE NO SHAVING OR WAXING 4-5 DAYS PRIOR TO SURGERY**
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. Make sure it has arm holes that are large enough to fit over bulky dressings or button up shirt that does not need to be pulled over your head. Remove hair pins, wigs, and jewelry (**wedding bands, watches, earrings and any other body piercing**).
- Please **do not** bring any valuables with you the day of surgery.

Report on 3/16/2010. We will call to inform you of your arrival time for surgery. Patients less than 18 years old must be accompanied by a parent or legal guardian.

- **GETTING HOME:** You will need a responsible adult to accompany you home. You will not be allowed to drive yourself home or leave the facility alone since you will have had sedation. Please arrange for someone to pick you up. **You may not take a cab home.** Plan on spending the afternoon after surgery resting, **we also insist you have a responsible adult with you the evening of surgery.**

## OPTIMIZING YOUR RECOVERY

### PLANNING

- Prior to your surgery date, it is critical that you arrange care for yourself during the 24-hour period following surgery. If you do not have someone who can provide care for you, you may consider one of the following options.
- Patient Care, Inc. 71 Bradley Road, Suite 7B, Madison, CT 06443; Tel #: 203-245-3941 or Fax #: 203-245-4673.
- New Haven Medical Hotel (203) 498-3100. Providing short-term medical care for post-operative patients. Cost estimated to between \$450.00 to \$650.00 per night which includes transportation to the facility, care and medication.
- Ginger Kleczkowski, L.P.N., (860-510-2461) Private duty home care nursing.
- Suzanne Sale, B.S.R.N. (203) 245-3845. A Private duty nurse with extensive experience providing care for post-operative Plastic Surgery patients in their own homes.

Dr. Price has no affiliation with any of the above listed options and receives no compensation from them should you elect them for your care. Dr. Price does not make any guarantees regarding the care you may receive, although we recommended all above based on positive experiences of our patients in the past.

If you should have someone who can provide care for you but you anticipate that travel may be difficult you may be interested in one of the following local hotels. This is a partial list only and provided as a convenience to you.

- **Guilford Suites Hotel**, Guilford, CT (203) 453-0123. Double rates ranging from \$99.00 to \$120.00. (Motel like suites very close to our office).
- **Comfort Inn**, 300 Boston Post Road, Guilford, CT 06437 203-453-5600. New suites, also very close to our office. (203)453-5600, Fax # 458-9700
- **Water's Edge Inn and Resort**, Westbrook, CT (860) 399-5901. Double rates ranging from \$80.00 to \$140.00. (Full service resort on the Long Island Sound).
- **TRANSPORTATION:**
- **Shoreline Taxi:** (203) 506-8294 Serving Guilford, Madison & Clinton
- **Branford Medical Tax:** (203) 481-3429 Serving Branford Residents
- **Olsen Shoreline Transportation:** (203) 458-5970 or (877) 876-5736

## FINACIAL POLICIES

- As patients approach surgery, they frequently need information about the various payment options and have questions about their potential insurance benefits. We hope the following 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 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. (**Payable to: DR. GARY PRICE**)

- CREDIT CARDS: Visa or Master Card. (**ALL** Card Transactions **MUST** be swiped at our Office)
- OPTIONAL FINANCING PLANS: We will be happy to assist you with applying for financing assistance should you desire.

## INSURANCE COVERAGE

- **The benefits paid by insurance companies for plastic surgery are not covered.** 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 (**TWO WEEKS PRIOR**), 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 Kathleen x-305.**

## CANCELLATION POLICY

- We understand that a situation may arise that could force you to postpone your surgery. Please understand that such changes affect not only your surgeon but other patients as well. Dr. Price's time, as well as the operating staff, is a precious commodity, and we request your courtesy and concern.
- Should you find it necessary to cancel your surgery after your payment and ten (10) business days or less before surgery, the following will apply.
- *We will refund your payment except for \$250.00, which will be applied towards our cancellation processing fees. **If you cancel your surgery within 24 hour of the surgery, there will be a \$1200.00 cancellation fee.***
- If you have any questions, please do not hesitate to call. You can reach Kathleen at (203) 453-6635 X-305.

# Drugs to be avoided prior to Surgery!

The list below covers drugs which should be completely avoided for the two weeks prior to surgery. All of these drugs interfere with blood clotting, and raise the risk of bleeding and other complications at the time of surgery. The effects on bleeding last for many days after you take the medication, thus it is very important to stop them in advance.

Depending on your medical history, and the medication you are taking, sometimes certain of these drugs might not be stopped. This should only be done after a discussion with Dr. Price. Please contact us for any questions or concerns about these medications.

These medications can cause serious complications with surgery!!! Do not take them for two weeks prior to surgery unless you have specifically discussed this with our office!!!

Drugs containing Aspirin:

Alka-Seltzer  
Anacin  
Anodynos  
ArthritisPain  
ArthritisStrengthBC  
ArthritisStrength  
Asa  
Asa  
Ascriptin  
Aspercin/Extra  
Aspergum  
Aspermin/Extra  
Aspirin  
Aspirin/Maxumum  
Azdone  
Back-Quell  
Bayer  
BCArthritisStrength  
BCCold  
Multi-SymptomFormula/Non-Drowsy  
BC  
Buffaprin/Extra  
Buffasal/Maximum  
Buffects  
Bufferin  
Buffex  
Buffinol/Extra  
CamaArthritisPain  
Damason-p  
Darvon  
Dasin  
Doan's  
Easprin  
Ecotrin  
Emagrin  
Empirin

Equagesic  
Excedrin  
Fiorinal  
Gensan  
Goody's  
Halfprin  
Heartline  
Lortab  
Magnaprin  
Measurin  
Mefenamic  
Momentum  
Norgesic  
Norwich  
P-A-CAnalgesic  
Pepto-bismol  
Percodan  
Ponstel  
Regiprin  
Robaxisal  
Saleto  
Salocol  
Sine-Off  
Soma  
Stanback  
Supac  
Synalgos-DC  
Talwin  
Tri-Pain  
Trigesic  
Ursinus  
Valesin  
Vanquish  
Verin  
Wesprin  
Zorprin

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**Nonsteroidal Anti-Inflammatory Drugs (NSAIDS)**

Examples of NSAIDS:

Actron	Meloxicam
Advil	Mobic
Aleve	Monogesic
Anaprox	Motrin
Ansaid	Motrin-IB
Butazolodin	Nabumetone
Cataflam	Naifon
Celecoxib	Naprelan
Celebrex	Naprosyn
Clinoril	Naproxen
Daypro	Nuprin
DiclofenacPotassium/Sodium	Orudis
Disalcid	Oruvail
Dolobid	Oxaprozin
Etodolac	Pamprin-IB
Feldene	Piroxicam
Fenoprofen	Relafen
Flurbiprofen	Rufen
Ibuprofen	Salflex
Indocin	Sulindac
Indomethacin	Suprol
Ketoprofen	Tolectin
Ketorolac	Tolmetin
Lodine	Toradol
Meclofenamate	Trilisate
Meclomen	Voltaren
Medipren	