

Perioperative discussion with Dr Jeneby and PRC

**Success Kit** : I was told about success kit      Circle one    I am buying/ declining      \_\_\_\_\_

**Protein shakes** Take 90-120 gms of protein **7-10 days** before surgery and  
Every day after . May be used with Your regular diet. Improves outcomes!      \_\_\_\_\_

**Hibiclens** : Physician grade antibacterial (bactericidal ) Place in Shampoo and Bodywash      \_\_\_\_\_

**Start 5 days** before surgery and morning of (including caretaker) Place in all  
nasal /vaginal/anal areas as well as hair and body

Caretaker does not have to shower the morning of

**Vitamins** : Specially formulated without Vit E and Fish oils to reduce Bleeding      \_\_\_\_\_

Has many vitamins with 2000-3000%

Do not use your vitamins or herbals starting 10 days before surgery and begin vitamins

**10 days before Surgery**

**Arnica** : Bruising and Swelling : Excellent Herbal with Scientific Backing

Start Day before      \_\_\_\_\_

**Surgilax** : For help with Stool Softening . We are giving you Narcotics , this will help      \_\_\_\_\_

**Probiotic::** We are giving Antibiotics. These may give problems in the vaginal area (for women)

And Stomach because the Antibiotics wipe it the normal floral and can give way to

Vaginal infections(fungus) and stomach issues

**Biodermis** : Scar Cream. Start 4-6 weeks after surgery provided the areas are totally healed      \_\_\_\_\_

**Sunscreen:** Prevents “tattooing of the scar “ Any Bruising and the sun could be tattooed      \_\_\_\_\_

Into the skin

Garments    I was told about Garments      Circle one      I am buying /declining      \_\_\_\_\_

**Garments:** Will normally be discussed at 1 week and fitted . Use your temporary garments until      \_\_\_\_\_

They should be medium /tight witout undo restriction or pain . Getting two garments

Two Garments allows you to wash one

Length of time : 3-6 months up to 12 months is ideal. We recognize you cannot wear them to

Events , Work etc. These should be worn 24 horus a day for at least 6-8weeks with transitioning to

Night Wear (if you only want to wear it at night after 6-8 weeks) . Most people wear it all the time

