



A Few Things to Consider when Scheduling Your Surgery



In office preoperative teaching- Your in office preoperative teaching at Panacea Plastic Surgery will take place 3-4 weeks prior to your surgery date and you are required to attend in person. At this appointment, you will meet with your surgeon and our medical assistant. Our medical assistant will:

- Discuss the hospital consents to be signed this day and provide you with a surgery folder containing typed written detailed instructions as far as what to expect before and after surgery. Including post operative instructions and any copies of signed forms.
- Provide you with your prescriptions. Some of the medications will be called into your preferred pharmacy that we will verify we have on file for you. Others are considered narcotics and will be provided to you in paper-form. You will need to take this to the pharmacy to be filled.

Any remaining balance will be collected at this appointment as well.

If you require a medical clearance you will need to schedule an appointment with your Primary Care Physician (PCP) and/or any Specialist Physician you may see no earlier than 30 days prior to your surgery.

While Panacea Plastic Surgery does not have any specific medical clearance requirements, and we leave this up to your doctor's discretion, please keep the following in mind-

- Your A1C will need to be 6.5 or less
- Hemoglobin needs to be 12+

Northside Hospital requires the following, but not limited to:

CBC (Complete Blood Count) Required-

- All patients over the age of 60 and do not have a current CBC within six (6) months prior to the date of surgery.

BMET (Basic Metabolic Panel) Required-

- All patients over the age of 65 and do not have a current BMET within three (3) months prior to the date of surgery.
- All patients, regardless of age, with diabetes or renal disease and do not have a current BMET within (3) three months prior to the date of surgery.

EKG (Electrocardiogram) Required-

- All biological females 55 and older if not completed within twelve (12) months prior to the date of surgery.
- All biological males 45 and older if not completed within twelve (12) months prior to the date of surgery.

- All patients 40 and older with a history of high blood pressure and/or diabetes if not completed within twelve (12) months prior to the date of surgery.
- All patients with stated or documented heart conditions if not completed within six (6) months prior to the date of surgery.

Potassium (K) Required-

- All patients taking diuretics and/or digoxin within one (1) month prior to the date of surgery.

Please note, these tests and labs can be completed by your Primary Care Physician (PCP) and/or any Specialist Physician you may see. If not completed, you will be required to have an in person appointment for pre surgery testing at Northside Hospital.

All of our surgeries take place at Northside Hospital's Midtown OutPatient Surgery Center. Prior to your surgery for all surgical patients, a pre operative nurse from Northside Hospital will call you for a phone assessment 3-10 days prior to the date of your surgery. In addition to the phone assessment, due to the hospital and anesthesia protocols, you may be required to attend an **in person** appointment with the anesthesia department at least three (3) days prior but no more than seven (7) days to the date of your surgery or go in for additional testing.

You are **required** to attend an in person visit at least three (3) with the anesthesia department for any reasons listed below but not limited to:

- You require a medical clearance.
- Have a BMI greater than 44.

Please note:

If you require a mammogram it must have been done within one year of your surgery date.

Lymphatic Drainage Treatments:

We offer these here at our office on Tuesday, Wednesdays and Fridays.

Lymphatic drainage treatment is a technique that can help promote faster recovery after a surgical procedure by reducing inflammation, swelling, and scar tissue formation. It prevents fluid buildup after surgery and flushes out unwanted cellular debris and excess fluid at a fast rate, which helps reduce pain, bruising, swelling, and prevents fibrosis.

You may schedule your first Lymphatic drainage treatment after your first post op with the physician. We recommend 2 sessions weekly for six weeks postoperatively. We hope this will be a therapeutic experience helping with recovery by reducing "tightness" and discomfort.

Panacea offers Lymphatic Drainage Treatment packages, please ask the front desk about saving opportunities.



Live Out of the Atlanta Area or Out of State?



IMPORTANT



ALL Out of State/Country Patients and Those Living 2 1/2 or More Hours Away.

Your post operative care is important and needs to be followed as directed by our board certified plastic surgeons. If you are an out of state patient *living 2 1/2 hours or more away via car and are having any of the following: Abdominoplasty and Liposuction, you will need to stay in Atlanta for at least 3 weeks after surgery. Breast Reductions, Top Surgery, Breast Augmentation, and Breast Lifts will be required to stay in Atlanta for the first week after surgery. If you still have drains after leaving for your minimum required stay, you will need to plan on coming back to our office for removal or you should seek out a plastic surgeon, urgent care, or PCP prior to surgery to arrange that they might need to see them for drain removal.



Local Accommodations

Airbnb

Search for key areas: Old Fourth Ward, Inman Park, Virginia Highlands, Piedmont Park.

Hotels

Hotel Clermont

<https://www.hotelclermont.com>

The Darwin Hotel

<https://www.thedarwinhotel.com>

Private Rental

AtlantaLuxuryRentals

<https://www.atlantalexuryrentals.com>

Please contact Chase Masri - (888) 308-7158

(requires a 2 night stay minimum)

Mention Panacea Plastic Surgery for a 10% discount



Recovery Homes

Unique Curves & Recovery

https://instagram.com/uniquecurves_recoveryatl?utm_medium=copy_link

newrecovery35@gmail.com

Luxe Cosmetic Recovery Home

Ms. Kenya Tucker

https://www.instagram.com/luxe_recovery_/?hl=en

luxecosmeticrecoveryhome@gmail.com

(478) 444-8869



Concierge Nurses

Mulu Yayehyirad, RN, BSN, MHA
My Concierge Nurse
info@myconciergenursing.com
www.myconciergenursing.com

Post Surgery Care of Atlanta
(470) 298-2630
jilliansimpson@postsurgeryatlanta.org
<https://postsurgeryatlanta.org/>

Want to boost your immune system or need a boost post surgery?
Nurse Kwenn-
Mobile IV Hydration
<https://refreshedappointments.as.me/schedule.php>



Transportation

It is required you have someone over the age of 18 to drive you home from your surgery and remain with you the first 24 hours after surgery. This can not be an uber, lyft or taxi.

Charris Transportation (770) 899-8142

Pronto Transportation Service Inc (678) 832-7190

Destiny Medical Transportation (770) 560-2431



Pharmacies

Below is a list of pharmacies near our office for your convenience.

Little Five Points Pharmacy
484 Moreland Ave. NE 30307
(404) 524-4466

Walgreen's Pharmacy
2345 Peachtree Rd. NE 30305
(404) 233-2101

CVS Pharmacy
842 Peachtree St. NE 30308
(404) 892-8468

CVS Pharmacy Open 24 Hours
2378 N. Decatur Rd. 30033
(404) 508-8058

AHF Pharmacy
1438 W. PeachtreeSt. NW 30304
(404) 879-3990

CVS Pharmacy
865 N. Highland Ave. NE 30306
(404) 733-6089