



THE GARRAMONE CENTER
Charles E. Garramone, D.O.
Board Certified Plastic & Reconstructive Surgery

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GenSculpt™ FTM Top Surgery & ManSculpture Pre-op Checklist

Here is a list of things you must have done prior to your surgery. **It is your responsibility to make sure all of these documents are forwarded to our office** by your healthcare providers. When you schedule your surgery, we will send you prescriptions for medical clearance, lab work, and mammogram studies.

- **COPY OF GOVERNMENT ISSUED I.D. (A VALID PASSPORT, OR A DRIVERS LICENSE & BIRTH CERTIFICATE)**
- **YOU MUST STOP TAKING MEDICATIONS WHICH ARE STIMULANTS (SUCH AS ADDERALL) AT LEAST 10 DAYS PRIOR TO YOUR SURGERY, AS THEY CAN INTERACT WITH THE ANESTHESIA MEDICATIONS.**
- **YOU MUST STOP TAKING MEDICATIONS SUCH AS ISOTRETINOIN (AC CUTANE) AT LEAST 12 MONTHS PRIOR TO YOUR SURGERY, AS THIS CAN CAUSE DELAYED WOUND HEALING.**
- **IF YOU HAVE A LATEX ALLERGY OR WEIGH MORE THAN 300 LBS YOU MUST NOTIFY OUR OFFICE IMMEDIATELY SO THAT SPECIAL ARRANGEMENTS CAN BE MADE. OTHERWISE, YOUR SURGERY WILL BE CANCELLED WHEN YOU ARRIVE.**
- **IT IS VERY IMPORTANT YOU BE 100% HONEST AND INFORM US OF YOUR ENTIRE MEDICAL HISTORY, AS WITHOLDING VITAL HEALTH INFORMATION CAN JEOPARDIZE YOUR SAFETY. OTHERWISE, YOUR SURGERY WILL BE CANCELLED WHEN YOU ARRIVE.**
- **YOU ARE REQUIRED TO HAVE SOMEONE WITH YOU THE DAY OF YOUR SURGERY AND TO STAY WITH YOU DURING YOUR POSTOPERATIVE STAY (FOR A MINIMUM OF 24 HOURS) TO ASSIST YOU.**
- **YOU ARE REQUIRED TO STAY IN TOWN FOR AT LEAST 7 DAYS AFTER SURGERY TO ASSURE YOU WILL RECEIVE THE APPROPRIATE MEDICAL CARE FOR YOUR SURGERY.**
- **WE DO NOT RECOMMEND SCHEDULING YOUR SURGERY DATE OVER ONE YEAR FROM THE DAY YOU CALL TO SCHEDULE YOUR SURGERY DATE.**

Check off each line after you have confirmed we have received these REQUIRED documents in our office:

- Signed copy of the Financial Policy included in this packet.**
- COPY OF GOVERNMENT ISSUED I.D. (A VALID PASSPORT, OR A DRIVERS LICENSE & BIRTH CERTIFICATE)**
- Gender Therapist or Primary Care Physician Letter.** We have included a convenient form for your Therapist or Physician to fill out to serve as a letter of reference for your chest surgery. Please send this back to us completed.
- Medical Clearance** (includes a physical examination by an M.D. or D.O. licensed physician done within 30 days of the date of surgery)
- Lab Work** (done within 30 days of the date of surgery, consists of CBC, Electrolytes, PT, PTT)
- Mammogram (only if you are over 35 years of age or otherwise instructed to get a mammogram by Dr. Garramone)
- Digital Photographs of your chest emailed directly to Dr. Garramone (photos@dr Garramone.com)
- If you are having Mansculpture Liposuction of the thighs or hips, you will need to bring spandex compression shorts for your postoperative care. We recommend compression shorts by Underarmor, Champion, etc. The can usually be found in any sports store. We will provide only an abdominal compression garment for you if you are having Mansculpture of the abdomen and lovehandle regions.
- We only allow photos and video recording during your postoperative dressing removal (chest surgery reveal). No photos, video, or audio recording are allowed in our office before surgery

or at the Surgical Center. Please respect other people's privacy and do not photograph anyone else in our office.

- Most patients arrive in town about a day or two before surgery. You will meet with Dr. Garramone in his office for your pre-operative appointment where he will discuss the surgery details with you. The surgery is usually done the next day. About one week after surgery, we have you follow up in the office for your post-operative visit. Your bandages will be removed and Dr. Garramone will teach you how to care for your chest over the next few weeks while it heals. At this time it should be okay for you to travel home.

****IMPORTANT****

- **Where to stay:**

We highly recommend staying at a hotel or with someone you know. If you need a hotel recommendation, many patients choose the **Comfort Suites in Weston, FL**. Their information is in the pre-op packet attached. The Comfort Suites is highly recommended by our patients and we have arranged a "Dr. Garramone Corporate Rate Discount", so make sure to ask them for the discount or visit their booking site here:



<http://www.comfortsuites.com/ires/en-US/html/ArrivalInfo?hotel=FLB68&srp=LGARR&pu=no>

Many patients also use [AirBNB.com](http://www.airbnb.com) to book rooms in vacation homes, time share condos, entire houses, all at very affordable rates. You can even make your reservation close to the beach so you and your travelers can make a mini-vacation out of your surgery week.

We do not recommend staying with a stranger offering a room or bed for rent. We are not affiliated with anyone or any businesses claiming to care for Dr. Garramone's patients after surgery. If you need a Home Healthcare Professional Agency for your aftercare, we can arrange this for you.

- **Transportation:**

If you need transportation from the airport to your hotel, many patients use [SuperShuttle.com](http://www.supershuttle.com). They offer very affordable transportation for your travel needs. For example a ride from the Fort Lauderdale International Airport to the Comfort Suites Hotel in Weston, FL only costs about \$30 one way.

Also, the surgery center offers free shuttle service to pick you up and take you home for the day of surgery, so you will not need to pay for transportation on that day.

- **Traveling Alone?:**

Dr. Garramone requires all patients, for the first 24 hours, to have someone with them at all time. This can be a hired nurse, friend, or family member. You cannot be left alone during the first 24 hours, and if the person responsible to be with you during this time period is unable to fulfill this requirement, then you will need to hire a private Home Healthcare Agency to care for you. You must have direct "one on one" supervision by someone dedicated to only your care, not to the care of multiple people at the same time. This means this person must be in the same room as you for the first 24 hours continuously, and not leave you alone for any reason or any period of time. We do not recommend staying with someone you do not know, but in the event you do, do not assume they will provide adequate after surgery care and direct "one on one" monitoring of you. Do not assume any medical advice they give you is reliable, even if they claim to have professional

experience. You will need to hire a Home Healthcare Agency even in these situations. If you are traveling alone or with someone who is unable to provide adequate Home Healthcare for you during your recovery, we can arrange for Professional Home Healthcare Agency to assist you. We can also arrange for transportation to and from the Hospital Surgical Center. Our office will only refer you to a verified Home Healthcare Staff Service operating with a business license in the State of Florida. These Home Healthcare Services operate under the guidelines of the State of Florida, and staff their own Professional Home Healthcare workers.

□ **Traveling From Outside the U.S. & Canada?:**

If you are traveling from outside the United States & Canada, you are required to purchase a temporary cell phone with a U.S. based telephone number. These cell phones can be purchased online or in local stores for as little as \$10, so they are very affordable. This U.S. based telephone number is necessary for our office, the hospital, and any transportation services to contact you if needed.

- We recommend you wear compression socks while traveling to and from our office to help reduce the risk of developing deep vein thrombosis (DVT). You can purchase these from your local stores or online. Patients traveling long distance of greater than 4 hours of immobility are at greater risk for developing DVT.
- It is important you ask your physician who prescribes Testosterone, whether they would recommend you stop taking your testosterone prior to surgery. It is not up to Dr. Garramone to decide on the safety of stopping your Testosterone.
- DO NOT BRING YOUR LUGGAGE WITH YOU FROM THE AIRPORT TO OUR OFFICE. WE DO NOT ALLOW LUGGAGE INSIDE OUR OFFICE DUE TO PREVIOUS DAMAGE TO OUR OFFICE FROM PRIOR PATIENTS DISREGARD FOR PERSONAL PROPERTY.
- **If you are traveling alone or with someone who is unable to provide adequate Home Healthcare for you during your recovery, we can arrange for Professional Home Healthcare Agency to assist you. We can also arrange for transportation to and from the Hospital Surgical Center. Our office will only refer you to a verified Home Healthcare Staff Service operating with a business license in the State of Florida. These Home Healthcare Services operate under the guidelines of the State of Florida, and staff their own Professional Home Healthcare workers. Mostly, all of our patients stay in local Hotels of their choice, arrange for their own transportation without any difficulty, and if needed, will hire a Professional Home Healthcare Agency to assist them with their after surgery care. All of this at very affordable prices with a verified business in the State of Florida.**
- If you ever suspect any organization or business is misrepresenting themselves as an affiliate of our office, or if you believe someone has referred you to a suspicious business, please email our Office Manager at kelli@drgarramone.com

Things to pick up for your recovery while staying in Florida: Sourdough Bread, Ginger Ale, Milk of Magnesia or Prune Juice, we recommend Benadryl or Zyrtec for itching, Baby Wipes, and Compression Stockings.