

Daniel O. Beck, MD
Dallas Plastic Surgery Institute
www.beckplasticsurgery.com

PRE-OPERATIVE INSTRUCTIONS

Smoking Cessation:

You must commit to not use any nicotine containing products for 4 weeks prior to and 6 weeks after your surgery. This includes cigarettes, cigars, e-cigarettes, nicotine gum or a nicotine patch. **All** nicotine products constrict blood vessels, which inhibit your circulation and will disrupt your healing process.

Nutrition:

Proper nutrition is essential for optimal wound healing after surgery or any non-surgical procedure. Adequate protein intake in your diet will help ensure your best possible outcome. Daily protein supplementation with pre-made shakes (eg. Boost, Muscle Milk) or soluble powder (whey, soy etc.) from a nutrition store is recommended at least 6 weeks prior to and 6 weeks after your procedure.

Two Weeks Before Surgery:

1. Make sure Dr. Beck has received all required lab-work, imaging and clearance forms.
2. Confirm full-payment of all fees have been received by our office.
3. Do not take aspirin or any aspirin containing products. A component of aspirin can increase your chances of bleeding during the procedure, which can lead to complications. You may use Tylenol.
4. Stop taking Vitamin E and Fish Oil supplements. Like aspirin, these can increase your chances of bleeding during the procedure, which can lead to complications.
5. If you are using Retin-A and are having surgery on your head or neck, discontinue use two weeks prior to the procedure. If you are having a non-surgical procedure (chemical peel, LASER, dermabrasion, fillers) on your head or neck discontinue use 1 week prior to the procedure.
6. It is extremely important that Dr. Beck and his staff are informed about all medications that you are currently taking or will be taking at least two weeks prior to your scheduled surgery. This list should include any prescription medications, diet pills, herbal supplements, mega-dose vitamins or any other health/well-being supplements. For your safety, Dr. Beck, your anesthesiologist and the rest of your surgical team need to know every substance that is in your system. A full list of medications to avoid will be provided at your pre-operative consultation.

7. You should be in good health in preparation for your procedure. Skin surface breakouts (rash, fever blisters, skin infections, etc.) on your face or body may cause your surgery to be postponed. Call us immediately if you develop any concerning health changes so we can treat you (if possible) and avoid surgery cancellation. Also, please keep us informed if you develop any fever, flu, persistent cough or other illness that could potentially delay your procedure.

8. If you are having any procedure on your face, scalp or neck do not cut your hair (even your bangs) two weeks prior to surgery. Longer hair helps hide fresh incisions and it is easier to manage in surgery (we braid it too keep it out of the way).

9. Make arrangements for someone to drive you home after surgery and stay with you that night. Your body is going to be devoting a lot of energy to healing and even routine activity in a familiar environment can be challenging.

10. If you are staying with us at the Cloister Guest Suites, someone must stay with you. This person must plan on being in your room from the time you come from recovery until check out. There will be an RN on staff 24 hours a day. The nurses will attend to your medical needs, but not personal needs such as your meals, etc. If a friend or family member does not show up, private care will be immediately scheduled and the costs will be billed to you accordingly.

One Week Before Surgery:

1. Stock your refrigerator and pantry with high protein, low-salt, low carbohydrate, and low-fat items. If you are having surgery involving any part of the face, you will want to have soft foods (ie. yogurt, soup, pudding, eggs) available.

Certain items can increase or prolong swelling due to promoting water retention. Excessive swelling can delay healing and prolong the recovery process.

Avoid:

- High salt foods or adding salt to your meal
- Alcohol
- Carbohydrates with a high Glycemic Index (ie. rice, bread, pasta, chips, cookies, potatoes, etc.)
- Highly processed foods (ie. deli meats, canned products)

Instead, aim for whole foods:

- baked chicken breast or fish fillet
- eggs
- low salt soups
- steamed vegetables
- yogurt smoothies with added whole fruit and protein powder
- whole grain or steel cut oats w/ added fruit

The Day Before and The Day Of Surgery:

1. Shower and wash your hair the night before surgery. Remove all make-up and do not apply any lotions or creams after showering.
2. Do not eat or drink anything (not even water) after midnight. The morning of surgery you may take your regular medications such as blood pressure, heart medication, thyroid medication, etc. with a small sip of water.
3. Do not apply any make-up, lotions or creams on the day of surgery.
4. Leave all your jewelry at home, including body piercings.
5. Do not wear contact lenses- even daily disposable lenses- to the surgery center. You may bring them with you for use after the procedure if permitted per your aftercare instructions.
6. Wear loose fitting clothes that can easily slip over your head or button/zips up the front. A robe or pajamas and slippers are suggested if you are staying overnight.
7. Do not workout on the morning of surgery. This can dehydrate your body and temporarily disrupt electrolyte levels. Since you are not able to eat or drink prior to surgery (see #2 above), you will not be able to replenish and rebalance your system.