

## **KAROL A. GUTOWSKI, MD, FACS**

*AESTHETIC SURGERY*

*CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY*

*MEMBER AMERICAN SOCIETY OF PLASTIC SURGEONS*

### **INSTRUCTIONS BEFORE SURGERY**

**It is important that you read and follow these instructions before your surgery. Not following these instructions may result in serious complications or the cancellation of your surgery.**

#### **Six weeks before**

- If there is an insurance component to your surgery, confirm that your insurance company has prior authorized your procedure.
- If you are on any type of blood thinner (warfarin, coumadin, aspirin, etc) due to a medical condition or stent, you must let Dr. Gutowski know before scheduling surgery.
- Call your primary care doctor to schedule a “Pre-Surgical History and Physical” to be done 2 to 4 weeks before the surgery date.
- Stop using tobacco or nicotine products. This includes cigarettes, cigars, chewing tobacco, snuff, electronic cigarettes, gum, patches, etc. Do NOT restart for at least 6 weeks after your procedure. If you have trouble stopping, let your surgeon know so we can help you find a tobacco cessation program. If you do use any of these products in the 6 weeks before surgery, tell your surgeon immediately as your procedure may need to be postponed for your safety.
- Unless you have a nutritional disorder or are instructed otherwise, eat a regular balanced diet with proper protein intake. There is no need for a special diet before surgery.

#### **Four weeks before**

- If needed, have blood tests done by a laboratory with results sent to Dr. Gutowski.
- See your primary care doctor for your “Presurgical History and Physical”. Have the results sent to Dr. Gutowski.
- Stop any female hormone therapy or birth control pills 4 weeks before surgery, unless instructed otherwise by your surgeon. You may restart 2 weeks after surgery.
- Read the following documents provided by Dr. Gutowski. If you do not have them, they can be downloaded at [drgutowski.com/patients/instructions\\_forms/](http://drgutowski.com/patients/instructions_forms/)
  - Consent for Treatment.
  - Aftercare Instructions.
  - Medications to Avoid before Procedures.
  - Pain Medications.
  - Any other documents given to you at your consultation.

#### **Two weeks before**

- Do NOT take any aspirin (or aspirin containing products) or any blood thinner unless approved by your surgeon.
- Do NOT take any medication on the List of Medications to Avoid before Surgery
- Unless otherwise told by your surgeon, stop all vitamins, nutritional supplements, herbal and homeopathic medications until 2 weeks after your surgery.

### **One week before**

- Fill your prescriptions at your pharmacy; do NOT wait until the day of surgery.
- Buy a small box of Q-tips and small tube of generic petroleum jelly (Vaseline) at your pharmacy for incision care.
- Set up someone to drive you to and from the surgery center or hospital. You will NOT be allowed to drive yourself.
- Set up for someone to be with you at home the first night after surgery.

### **The night before**

- Take a shower or bath with soap, then wash the surgical area, underarm area and groin with soap.
- Remove any nail polish and jewelry or body piercings.
- Do NOT eat, drink, or take anything else by mouth after midnight, unless instructed by your doctor.
- Make a list of all current medications and bring them with you to the hospital or surgery center.
- Check with your doctor before taking any medications.

### **The morning of surgery**

- Take a shower or bath with soap and then wash the surgical area, underarm area and groin with soap. Do NOT apply any lotions or creams on your skin.
- Wear loose and comfortable clothes that are easy to take on and off and that buttons or zips up the front
- Do NOT have anything by mouth (including coffee or water) when you wake up and until you arrive for your procedure, unless instructed by your doctor. You may brush your teeth.
- If you did eat or drink after midnight or the morning of surgery, tell the staff as your procedure may need to be delayed for your safety.
- If instructed to do so, you may take your medications if needed with a sip of water
- Do NOT wear any jewelry or body piercings.
- Bring your list of medications.

### **DAY OF SURGERY**

- You will meet with your surgeon, any surgical assistants, the operating room team and anesthesiologists. They may ask you some of the same questions you have been asked before. Please bring your medication list with you. Remind everyone if you are allergic to any medications or other products.
- Your surgeon will mark the site of surgery with a marker and the surgery team will confirm the site of surgery.
- You will have an IV placed to give you medications and fluids into your veins.
- Do NOT bring any valuables to the hospital or surgery center.