

Pre-operative Instructions

PLEASE READ CAREFULLY AND FOLLOW ALL STEPS

3 WEEKS BEFORE SURGERY:

- Stop smoking. Stop all nicotine products including patches, gums, and vapor pens! Nicotine and other chemicals complicate healing. Avoid nicotine use and exposure for 3 weeks after surgery. This includes second hand smoke.

2 WEEKS BEFORE SURGERY:

- Stop all dietary supplements such as vitamins, protein powders, green teas and diet pills (see list for over-the-counter medications to stop as well). You may resume these 1 week after surgery.
- Patients on blood thinners will receive special instructions on when to stop and restart these important medications.
- IF** directed by your doctor, stop your hormone replacement therapy or birth control. You may resume these medications 2 weeks after surgery.

1 WEEK BEFORE SURGERY:

- If having facial surgery, DO NOT have your hair colored, permed, or chemically treated any closer than 7 days before the surgery. Wait 3 weeks from the day of surgery for your next color or permanent.
- No spray tanning any closer than 7 days before surgery.

5 DAYS BEFORE SURGERY:

- Do not drink any alcoholic beverages 5 days before and 10 days after your surgery.

2 DAYS BEFORE SURGERY:

- If having a laser procedure:*** Your doctor may prescribe Valtrex (a medication to prevent cold sores). Begin taking this medication 2 days prior to surgery and continue as directed.

1 DAY BEFORE SURGERY:

- If having a laser procedure:*** Continue taking the Valtrex as directed.
- If having FACIAL SURGERY, shower with liquid antibacterial hand soap. Wash your hair with the liquid antibacterial hand soap. **DO NOT** apply hair products after washing your hair.
- If having BODY SURGERY, wash your hair and body with the surgical wash given to you at your pre-operative appointment. Use liquid antibacterial hand soap on your face and genitals.
- DO NOT** eat or drink (including water) after midnight. **THIS APPLIES TO ALL PATIENTS,** regardless of your surgery time. This includes coffee, gum, mints, tic-tacs, etc.

DAY OF SURGERY:

- DO NOT** eat or drink. Take prescription medications you normally take in the morning with only a sip of water.

- If prescribed Valtrex:* Take your morning dose (1 tablet) with a small sip of water.
- If having FACIAL SURGERY, shower with liquid antibacterial hand soap. Wash your hair with the liquid antibacterial hand soap. **DO NOT** apply hair products after washing your hair. **DO NOT** apply deodorant, creams, lotions, or powders.
- If having BODY SURGERY, use the surgical wash to wash your hair and body. Use liquid antibacterial hand soap on face and genitals. **DO NOT** apply hair products after washing your hair. **DO NOT** apply deodorant, creams, lotions, or powders.
- DO NOT** apply any makeup, including lip moisturizers.
- Wear loose, comfortable, freshly washed clothing that buttons or zips in the front (some of our patients prefer pajamas).
- Wear dentures and be aware you may need to remove them for anesthesia. Please bring a container to put them in.
- REMOVE NAIL POLISH** from both index and middle fingers of each hand to allow proper monitoring during surgery.
- DO NOT** wear contact lenses or jewelry (including all piercings).
- DO NOT** bring any valuables.
- You will have a bladder catheter if your surgery is over 4 hours. This is for your safety and comfort during surgery. Please discuss any history of bladder problems with your doctor.
- If you are going to an overnight facility, they will provide medications as ordered by our doctor. Bring a bag with you containing the following:
 - A change of clothes and proper walking shoes
 - One dose of your regular prescriptions (from your other doctors) in their original prescription bottles (**DO NOT** bring any narcotics; the facility has your pain medications for you)
 - Bring your Refresh eye drops, Aquaphor, and the anti-bruising medication if needed
 - Please **DO NOT** bring any valuables with you to the facility