

# AUSTIN-WESTON CENTER FOR COSMETIC SURGERY

## PREPARING FOR SURGERY

### STARTING NOW

- **STOP SMOKING:** Smoking reduces circulation and the amount of oxygen in the bloodstream that is needed for normal healing. Smokers have a 7-9 times higher risk of healing problems than non-smokers. Stopping smoking for AT LEAST 2 weeks before and after surgery will help, but not eliminate this risk.
- **DO NOT TAKE ASPIRIN, IBUPROFEN, or any other medications listed on the "Medications to Avoid Before and After Surgery" list.** Review over the counter medications to insure that they do not contain aspirin and ibuprofen. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- **DO NOT TAKE SUPPLEMENTS OF:** Stop taking all Vitamin E, including multivitamins that contain Vitamin E. Topical lotions containing Vitamin E may be used for their intended purpose. Fish Oil (including Omega 3), Garlic and Ginger supplements.
- **FILL YOUR PRESCRIPTIONS AND SUPPLIES:** You will be given prescriptions for medications. Please have them filled BEFORE the day of surgery. Purchase the items on your supply list and have them where your support person can easily locate them.
- **CHOOSE YOUR SUPPORT PERSON CAREFULLY:** The role of the support person is a critical one for your recovery to start smoothly. This role doesn't require a medical degree, but does require a responsible adult. Family members and friends generally make wonderful support persons.
- The support person must be over 16 years of age with a valid driver's license and able to speak, understand and read English. This is important in communicating with the physicians and nurses should any questions arise, and to read and understand all instructions. **YOU MUST MAKE YOUR SUPPORT PERSON AWARE OF ALL PROCEDURES YOU ARE HAVING AND THEY MUST REMAIN WITH YOU THE FIRST 24 HOURS AFTER SURGERY.**
- **CHOOSE YOUR HOTEL CAREFULLY** if you are staying in a local hotel the night of surgery. You will want to choose a hotel that has an elevator, **DO NOT** choose a hotel that only has stairs. Your support person will not be able to help you climb stairs the night of your surgery or possibly the day after surgery.

### TWO DAYS BEFORE SURGERY

- **CONFIRM SURGERY TIME:** The time of your surgery is confirmed 2 business days prior to your surgery date.
- **CHEMICAL PEEL & AROUND MOUTH PROCEDURES:** Start taking Valtrex prescription two days before surgery according to instructions on label.
- **TUMMY TUCK PATIENTS (GASTRIC BYPASS PATIENTS PLEASE DISREGARD):** Use one Dulcolax suppository after dinner 2 days prior to surgery date.

### THE DAY BEFORE SURGERY

- **CLEANSING:** The night before surgery, shower and wash the surgical and surrounding areas with the anti-bacterial soap. Thoroughly clean navel/belly button area.
- **EATING AND DRINKING:**
  - **SURGERY SCHEDULED BEFORE 2 PM DAY OF SURGERY:** Do not eat or drink ANYTHING after 12:00 midnight.
  - **SURGERY SCHEDULED AFTER 2 PM DAY OF SURGERY:** Do not eat after 12:00 midnight. You may have water, apple juice, cranberry juice or Gatorade up to 8 hours prior to surgery start time.
  - **TUMMY TUCK PATIENTS (GASTRIC BYPASS PATIENTS PLEASE DISREGARD):** Liquids only the entire day before surgery.

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### THE MORNING OF SURGERY

- **SPECIAL INFORMATION:** Do not eat or drink anything! If you take a daily medication, you may take it with a sip of water in the early morning. Also, no gum, candy, or coffee. Failure to comply with this may result in cancellation of your procedure. Remember to take any blood pressure medicine in the morning before you come.
- **ORAL HYGIENE:** You may brush your teeth but do not swallow the water.
- **INVISALIGN BRACES AND/OR RETAINERS:** DO NOT WEAR to surgery.
- **CLEANSING:** Shower and wash the surgical areas again with the anti-bacterial soap, including face and hair if you are having facial surgery. For body procedures thoroughly clean navel/belly button area.
- **SHAVING:** Men shave face as usual prior to washing with the antibacterial soap.
- **JEWELRY:** DO NOT WEAR JEWELRY to surgery. This includes rings, watches, bracelets, earrings and ALL body piercings.
- **MAKE-UP AND LOTIONS:** Regardless of your surgery procedure(s), **DO NOT** wear moisturizers, creams or lotions on your face or body, definitely **no makeup** on your face.
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. An assistant will be redressing you at the end of your procedure, so please do not wear jeans or other confining clothing. Wear socks and comfortable shoes which are easy to remove and put on. Do not wear high heels or clogs. Do not wear wigs.
- **CONTACT LENSES:** Remove contact lenses BEFORE arriving at the Center the morning of surgery. Contact lenses cannot be worn during surgery.
- **FALSE EYELASHES or LASH EXTENSIONS:** **Remove BEFORE** arriving at the Center the morning of surgery.
- **PLEASE DO NOT BRING VALUABLES.**
- **GARMENTS:** If you are having surgery that requires a garment, you will receive one on the day of surgery. The second garment will be given to you during your first day post-op visit.
- **CHECK IN/PREPARATION:** Report to the Post-Op department on your surgery date. You should plan to arrive 60 minutes earlier than your scheduled surgery time. Patients less than 18 years old must be accompanied by a parent or legal guardian.
- **MEDICATIONS:** Your filled prescriptions, pertaining to your surgery, **MUST** be brought with you to the Center the morning of your surgery. The Phenergan suppositories should remain at home in the refrigerator.