



General Pre-Operative Instructions

The following instructions should be followed closely except when overruled by specific procedural instructions.

Two Weeks Prior to Surgery:

1. NO ASPIRIN or medicines that contain aspirin. ***As it interferes with normal blood clotting.***
2. NO IBUPROFEN or medicines that contain ibuprofen. ***As it interferes with blood clotting.***
3. Please discontinue all herbal medications.
4. Please discontinue all diet pills whether prescription, over-the-counter, or herbal. ***As many will interfere with anesthesia and can cause cardiovascular concerns.***
5. NO "MEGADOSES" of vitamin E, but a multiple vitamin that contains E is just fine.
6. NO SMOKING. ***Nicotine reduces blood flow to the skin and can cause significant complications during healing.***
7. You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.
8. Start taking a multivitamin each day and continue taking after surgery for a faster recovery. ***Please let us know if you would like a more detailed list of medications to avoid.***

One Week Prior to Surgery:

1. If your skin tolerates, use a germ-inhibiting soap for bathing, such as Dial, Safeguard, or Lever 2000 for at least one week before surgery.
2. DO report any signs of cold, infection, boils, or pustules appearing before surgery
3. DO arrange for a responsible adult to drive you to and from the facility on the day of surgery. ***You will not be allowed to leave on your own.***
4. DO arrange for a responsible individual to spend the first 24 hours with you.

Night Before Surgery & Morning of Surgery:

1. DO NOT eat any solid foods after 11:00 PM the night before surgery. (If you are having an abdominoplasty with muscle repair, DO NOT have solid foods after 5:00 PM the day prior to surgery.) You may have clear liquids (water, sprite, ginger ale, apple juice) up until 2 hours prior to surgery. DO NOT have gum, candy, mints, or coffee the morning of surgery. DO NOT sneak anything as this may endanger you.
2. DO take a thorough shower with your germ-inhibiting soap the night before and the morning of surgery. Shampoo your hair the morning of surgery. ***This is to decrease the risk of infection.***
3. DO NOT apply lotion to your skin the day of surgery.
4. You may brush your teeth the morning of surgery.
5. DO NOT wear contacts to surgery. If you do wear glasses, bring your eyeglass care.
6. Do wear comfortable, loose fitting clothes that do not have to be put on over your head. The best thing to wear home is a button-up top and pull on pants. You will want easy-to-slip-on flat shoes.
7. If you have obstructive sleep apnea, please bring your CPAP machine with you to surgery.
8. DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.
9. You must have an adult drive you to and from surgery. Please note, a cab or bus driver will not be allowed to take you home after surgery. Upon arrival, you will be asked to provide your driver's name and contact information so that we will be able to reach them.

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