

PRE-OP

Instructions

THE FOLLOWING
INSTRUCTIONS SHOULD
BE FOLLOWED CLOSELY
EXCEPT WHEN
OVERRULED BY DR.
WENDEL AND/OR
SPECIFIC PROCEDURAL
INSTRUCTIONS

TWO WEEKS PRIOR TO SURGERY

- No aspirin, ibuprofen, naproxen, herbal supplements, diet pills, mega doses of vitamin E and/or any medications that contain the medications listed above. Please inform a nurse if these medications are prescribed by a medical doctor and cannot be stopped. *These medications will interfere with blood clotting and/or can put you at risk for cardiovascular concerns with anesthesia (Please let us know if you would like a more detailed list of medications to avoid.)*
- No smoking *Nicotine reduces blood flow to the skin and results in significant complications with healing*
- You may take (acetaminophen) Tylenol or generic forms of this medication for any aches or pain up until the time of surgery. It will not interfere with surgery.
- Prescription medications will be sent into your pharmacy electronically on the day of your pre-operative visit. You will need to pick-up these medications prior to your surgery.

ONE WEEK PRIOR TO SURGERY

- If your skin tolerates, begin using an anti-bacterial soap for bathing at least one week prior to surgery. (Dial, Safeguard, Lever 2000, etc.)
- Report any signs of a cold, infection, boil, and/or pustule prior to surgery.
- Arrange for a responsible adult to drive you to and from the facility on the day of surgery. You will need to provide the facility with the contact information of your driver. Also, arrange for a responsible adult to spend the first 24 hours after surgery with you.
- You will not be allowed to leave on your own or utilize any form of public transportation*
- Avoid alcoholic beverages for 3 days prior to surgery.
- The anesthesia team will call you 2-3 days prior to your surgery to discuss medical history and medications.

NIGHT BEFORE SURGERY

- No solid food(s) after 11:00pm the night prior to surgery. Abdominoplasty with muscle repair patients, no solid food(s) after 5:00 pm the night prior to surgery. Avoid any gum, mints, hard candy etc. during this time. Clear liquids (water, sprite, apple juice) are allowed up to 2 hours prior to surgery.
- Take a thorough shower with your anti-bacterial soap the night before and the morning of surgery.

MORNING OF SURGERY

- You will need to drink a 20-ounce Gatorade Zero (non-red) and complete it 2 hours prior to surgery.
- Shower and shampoo your hair the morning of surgery *This is to decrease the risk of an infection*
- Do not apply lotion/moisturizer, cosmetics, and/or deodorant to your skin on the day of surgery.
- You will be able to brush your teeth the morning of surgery, just do not swallow while doing so.
- Do not wear contacts to surgery. We ask that you wear eyeglasses instead and bring your eyeglass care.
- Do wear comfortable, loose-fitting clothes that does not have to be pulled over your head. The best thing to wear home is a zip or button-up shirt and pull-on pants. You will want slip-on flat shoes.
- Leave any valuables and/or jewelry at home. Any ring(s) that are unable to be removed will be taped during surgery.