

# Pre-operative Instructions

## PLEASE READ CAREFULLY AND FOLLOW ALL STEPS

### 4 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.
- Hold any injectable medications; call and clarify if you have questions.

### 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:

- **Anticipate** that the surgical team will call you and review your medications and instructions for your day of surgery. They will tell you which medications to take or hold, as well as what time to take them.
- ***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 Shave.
- DO NOT eat or drink after midnight. THIS APPLIES TO ALL PATIENTS, regardless of your surgery time. This includes coffee, gum, mints, tic-tacs, etc. If your surgery is later in the day, you may have small amounts of water or black coffee up to 3 hours prior to your arrival.

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### DAY OF SURGERY

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#### 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 Emend (aprepitant capsule):*** Take the capsule with a small sip of water at the time the surgical team has given you in your pre-surgical phone call the day before your surgery. This is usually two hours prior to your arrival time.
- ***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.