



PATIENT PRE OPERATIVE INSTRUCTIONS

1. Do not eat or drink anything (including mints/candy and chewing gum) after midnight the night before your surgery.
2. Please advise the surgeon or his nurse of all medications you are currently taking because of their potential adverse reactions. **Aspirin, Advil, Excedrin, Aleve, VITAMIN E, BLOOD THINNERS, DIET PILLS, ST. JOHNS WORT, GINKGO BILOBA, or ANY HERB (including energy drinks) should not be taken for 10 days prior to surgery.** With these exceptions, medications that are ordinarily taken should be taken with a sip of water, unless otherwise instructed by the doctor (ex. Blood pressure medication should still be taken). Tylenol can be used for routine headache or other pains.
3. All patients the age of 50 and older need to have an EKG and blood work (CBC, CMP, PT and PTT) prior to surgery. All breast surgery patients the age of 40 and older need to have a mammogram prior to surgery. The date of the mammogram and EKG can be within a year of surgery if there have been no health changes since the date of the exam/test.
4. A responsible adult must drive you home and stay with you for 24-48 hours after your surgery. You will not be able to drive for at least 24 hours after sedation and for 24 hours after your last pain medication.
5. Anesthesia cannot be administered if you have a severe upper respiratory infection with excessive drainage or fever. If you develop any of these problems prior to your planned surgery, please call our office so that we can reschedule your surgery.
6. We do everything possible to prevent surgical infections. You will be cleansed twice with surgical sterilization soap at the time of surgery. In addition, you will be given antibiotics through your IV. Finally, you will be prescribed oral antibiotics; begin taking them the morning after surgery.
7. **In order for us to provide you with the highest level of care, we ask that you take the following steps to prepare for your surgery:**
 - a. Notify our office if you have had any infections within 2 weeks before your surgery.
 - b. For those having tummy tucks or thigh lifts: Please shave all of your pubic hair **two days** prior to surgery.
 - c. Wash your body with Hibiclens Antimicrobial Skin Cleanser the night before surgery and the morning of surgery. Be very careful not to get this soap in your eyes. This can be purchased at most local pharmacies and does not require a prescription.
 - d. Use the Hibiclens to wash your surgical incisions for 3 days after surgery when the dressings are removed and you are cleared to shower.
 - e. Apply Polysporin ointment to your incisions as directed on your post operative instruction sheet.
 - f. Take your antibiotics as directed until they are all gone.
 - g. Do NOT use any kind of styling products, lotions, deodorants, or perfumes the day of surgery as this may interfere with our surgical preparation.
8. Please wear loose clothing. Something casual that buttons up the front and/or can be slipped over your head easily, jogging outfits, or robe-type dresses are ideal. **Flat** comfortable shoes should also be worn (no slip on shoes or heels).
9. Contacts should not be worn the day of surgery for all patients and for a week following any eyelid procedures.
10. Please remove nail polish off both index fingers prior to surgery. If you have acrylic finger nails, the nail does not have to be removed, only the polish.
11. No jewelry of any kind should be worn the day of surgery. Please inform us if you are unable to remove a ring or other jewelry. All valuables should be left at home. We will not be held responsible for lost personal items.
12. While taking antibiotics, **birth control pills may become ineffective**, so precautions should be used during the month that you are taking antibiotics. The pill may predispose you to blood clots in your leg veins following surgery; therefore you may also want to consider temporary discontinuation 2 weeks prior and 2 weeks following your surgery.
13. Finally, Bromelain (pineapple extract) has been shown to potentially decrease bruising and swelling after surgery. This medication may be taken as follows: take 500mg orally, 2 times per day beginning one week prior to surgery on an empty stomach and continue for one week post-op. Bromelain can be purchased at GNC or similar shops. Also, topical Arnica Montana or vitamin K cream may be applied to bruised areas after surgery. These recommendations for Bromelain and Arnica are not required but may be beneficial to your healing experience.

If you have any remaining questions before your surgery do not hesitate to call us anytime!

I have read and understood all of the pre-operative information listed above and received a copy for my review.

Patient Signature

Date