



Pre-Op Instructions for Surgical Procedure

10 DAYS PRIOR TO SURGERY:

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing.
- **MULTIVITAMINS:** Begin taking multivitamins three times daily to improve your general health. Take them one week before and after surgery.
- **DO NOT TAKE ANY ASPIRIN OR ASPIRIN CONTAINING MEDICATIONS** for ten days before and ten days after surgery: Carefully review the list of drugs to avoid provided for you. Such medications may cause bleeding during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol). Check with your physician regarding administration of antidepressants, diuretics, other routine medications, or any herbal or homeopathic medications you may be taking.

DAY BEFORE SURGERY:

- **PRESCRIPTIONS:** Ensure that all of your prescriptions have been filled before the day of surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY BEFORE YOUR SURGERY.** This includes water, coffee, tea, juice, etc.

DAY OF SURGERY:

- **MEDICATIONS:** If instructed to continue your daily medication regime, take your medication with only a sip of water. It is not necessary to take your antibiotic or multivitamin the morning of surgery.
- **MAKE-UP:** Please **DO NOT** wear moisturizers, creams, lotions, eye make-up or other type of make-up.
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that either buttons or zips in the front. Remove hairpins, wigs, contacts and jewelry. Please do not bring any valuables with you.
- **CONTACTS:** Please do not wear your contacts the day of surgery, wear your glasses to the Center. If you wear your contacts in please bring a container and the necessary solution for them.