



GENERAL INSTRUCTIONS

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

TWO WEEKS PRIOR TO SURGERY

- NO ASPIRIN or medicines that contain aspirin* since it interferes with normal blood clotting.
- NO IBUPROFEN or medicines contain ibuprofen* as it interferes with blood clotting.
- Please DISCONTINUE ALL HERBAL MEDICATIONS* as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.
- Please DISCONTINUE ALL DIET PILLS whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.
- NO “MEGADOSES” OF VITAMIN E, but a multiple vitamin that contains E is fine.
- NO SMOKING because nicotine reduces blood flow to the skin and can cause significant complications during healing. Smoking should be discontinued at least 6 weeks prior to surgery for minimize your risks of healing problems. Any recreational drugs should also be stopped at least 6 weeks prior to surgery as they can interfere with anesthesia medications.
- You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.
- Start taking a multivitamin each day and continue taking through your recovery. The healthier you are, the quicker your recovery will be.
- (* See Medications to Avoid for a detailed list.)
- DO NOT drink any alcohol two weeks prior to surgery and two weeks after surgery as these can interfere with anesthesia and affect blood clotting.

ONE WEEK PRIOR TO SURGERY

- REPORT any signs of cold, infection, boils, or pustules appearing before surgery.
- DO NOT take any cough or cold medications without permission.
- ARRANGE for a responsible adult to drive you to and from the facility on the day of surgery, since you will not be allowed to leave on your own.



- ARRANGE for a responsible individual to spend the first 24 hours with you, since you CANNOT be left alone during this period for your own safety.
- DO NOT shave near the surgical site, as you do not want to increase your risk for infection.

NIGHT BEFORE + MORNING OF SURGERY

- **DO NOT eat or drink anything (not even water) after midnight the night before your surgery. Also, no gum, candy, mints or coffee the morning of surgery. Do not sneak anything as this may endanger your health during anesthesia.**
- If you are on regular medications, please clear these with your surgeon.
- SHOWER the night before and the morning of surgery. Shampoo your hair the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.
- DO NOT apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.
- You may brush your teeth the morning of surgery but do NOT drink anything.
- DO NOT wear contacts to surgery. If you do wear glasses, bring your eyeglass case.
- 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.
- DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches).
- You MUST have an adult drive for you – to and from surgery. Please note that a cab or bus driver will NOT be allowed to take you home after surgery. On arrival, be sure we know your driver's name, phone numbers, and how we will be able to reach them.
- If you are not recovering at home, it is very important that we have the number where you will be after surgery.