

## **Pre-Op Instructions**

### **2 Weeks Prior to Surgery:**

- Make sure pre-surgery testing is done.
- Ensure any medical changes are reported immediately.
- Do not use ANY nicotine products. This includes smoking, vape, gum or patches. This is important for optimal healing.
- Stop any blood thinning products- NSAIDS, ibuprofens, aspirin, supplements (fish oil, vitamin E). You may use Tylenol.

### **What to Purchase prior to Surgery:**

- Vaseline.
- Paper tape and maxi pads for wounds.
- Extra Strength Tylenol and Ibuprofen.
- Moisturizing eye drops for facial procedures.

### **1 Day Prior to Surgery:**

- Prepare your recovery area.
- Drink extra fluids.
- Shower.
- Do NOT eat/drink after midnight. This includes coffee, mints, gum and water.

### **Day of Surgery:**

- Have a responsible party transport you to and from surgery and stay with you for 24 hours.
- Take 1000 mg of Tylenol and any regularly scheduled blood pressure, antidepressant and acid reflux medications with a small sip of water.
- Do NOT take any diabetic medications - insulin, metformin or diuretic (water pill).
- Bring rescue inhaler and/or CPAP if used.
- Apply scopolamine patch behind ear. If you are having a facial procedure, apply to chest.
- Do not apply make-up, lotion or perfume. Deodorant is okay.
- You may brush your teeth.
- Remove contact lenses.
- Remove all jewelry and leave valuables at home.
- Wear clothing and shoes that are easy to put on, such as button ups, elastic waist pants and slip on shoes.
- Family is not permitted in the pre-op area.
- Family should work on filling prescriptions while you are in surgery.
- Expect to be in recovery for 1-2 hours.