

Using caution and following these instructions will speed the healing process and prevent infection.

TWO WEEKS BEFORE SURGERY

- DO NOT take aspirin or aspirin-containing compounds (See list of medications containing aspirin). Discontinue use until two weeks after surgery also. Tylenol is an acceptable analgesic for headaches, etc.
- DO NOT smoke for two weeks prior to and two weeks after surgery.
- Maintain a well-balanced diet before your procedure. Good nutrition is important.

ONE WEEK BEFORE SURGERY

- Confirm your surgery with our office.
- Arrange for a family member or friend to stay with you during the first 24 hours following surgery if needed.

24 HOURS BEFORE SURGERY

- Relax and eat well.
- Shower and shampoo your hair thoroughly. Do not use styling products.
- DO NOT drink any alcohol or caffeinated beverages.
- DO NOT take any medications unless cleared by this office.

THE DAY OF SURGERY

Please arrive on time to our office.

Date: _____

Time: _____

- Be sure that the receptionist or back office personnel have your correct telephone number and the telephone number of the person taking you home, if applicable.
- If cleared by the physician, take your daily medications for a heart condition or blood pressure with a sip of water the morning of surgery.
- For facial surgery, wash your face and do not wear any make-up.
- Please wear loose, comfortable clothing. A front button shirt is best.
- Leave all valuables at home, including jewelry and handbags. We cannot be responsible for these items.
- If you will not be allowed to drive yourself home, please have transportation pre-arranged.