



General Preoperative Instructions

Begin Today:

- Discontinue Aspirin or any drugs containing aspirin, including arthritis, pain, or anti-inflammatory medications for two weeks prior to your surgery and for two weeks after your surgery. These drugs may cause increased bruising and bleeding at the time of surgery due to their effect on clotting. Use Tylenol instead.
- Eat a balanced diet and do not attempt to lose weight in the two weeks prior to your surgery. Proper nutrition is important for healing. Taking multivitamins twice daily will also promote your general health.
- For patients undergoing face lift or abdominoplasty procedures: No smoking for at least 3 months prior to and 3 months following your surgery. We also recommend that smokers take 2 grams of Vitamin C per day for two weeks before and two weeks after surgery.
- Notify the doctor immediately if a cold or infection develops in the weeks prior to surgery.
- For patients undergoing a facelift or brow lift procedure, hair cannot be tinted or colored for three to four weeks after surgery. Therefore, you may want to have this done several days before surgery if necessary.
- STOP SMOKING: Smoking reduces circulation to the skin and impedes healing.
- STOP VITAMIN E: Vitamin E can contribute to bleeding.
- FILL YOUR PRESCRIPTIONS: You will be given prescriptions for medications. Please have them filled prior to the day of surgery and bring them with you.

The Day Before Surgery:

- If General Anesthesia or IV Sedation is used: No food or liquids after midnight the evening before your surgery. This includes water.
- Confirm your surgery time: We will call you to confirm your time of surgery.
- Make sure that you have filled the prescriptions you were given and set the medications out to bring with you to the office.
- Cleansing: The night before surgery, shower and wash the surgical areas with Dial soap.

The Morning of Surgery:

- You may brush your teeth, but do not swallow the water.
- Shower and wash the surgical areas with antibacterial soap thoroughly prior to surgery. Reduction of skin bacteria will decrease the risk of infection.
- Please do not wear moisturizers, creams, lotions, or makeup.
- Wear comfortable, loose-fitting clothing that buttons or zips down the front. Do not wear clothing that has to go over your head. Remove all nail polish, hairpins, jewelry, etc.
- Please do not wear moisturizers, creams, lotions, or makeup.
- Arrive to the office approximately 30 minutes prior to your scheduled surgery time.