

PREOPERATIVE INSTRUCTIONS FOR SURGERY

Do not take any medications containing aspirin or ibuprofen for 14 days prior to your surgery. You may take Acetaminophen (Tylenol, etc). We have given you an extensive list of medications that you should avoid prior to your procedure. Please review this list carefully. We recommend that you avoid Vitamin E and alcoholic beverages for one week before your procedure; both can increase the risk of bleeding. Take your preoperative medications as directed.

If you are undergoing a **facial or breast** procedure, do not eat anything after midnight prior to your procedure. If your procedure is scheduled for the afternoon, you may have a small amount of clear fluid five hours prior to your scheduled arrival to the office. For example, apple juice, water, black coffee, sprite and jello.

For a face procedure, wash your entire face and hair with antibacterial soap, such as Dial. For a breast procedure, wash your body with Dial antibacterial soap. Do this on the evening prior to your procedure and the morning of your procedure.

If you are having a **facial** procedure done, after you last shampoo your hair prior to your procedure, do not use hair spray, mousse, or similar products. Do not wear any makeup including mascara. (Be certain that all mascara has been removed.) Please do not wear nail polish.

Wear comfortable clothing such as baggy pants and footies and a dark colored shirt that buttons up the front. Wear something cool such as cotton; do not wear flannel or other heavy clothing. Do not wear a shirt you will need to pull over your head. A men's button up shirt is ideal. If you are having FAMI fat transfer, bring a pair of tight spandex shorts.

Do not wear any jewelry to the office on the day of your procedure.

Bring a wide brim hat, scarf, and sunglasses if you are having a facial procedure done.

Be sure you have your prescriptions filled and bring them with you to the office on the day of the procedure. Have your postoperative instructions, medications and ointments handy at home. Consider what you will eat for a few days; you may not feel like cooking. Have a few straws available.

Be sure that you have a ride home from the office after your procedure and to the office on the day after your procedure if we need to see you. You must have someone **responsible** stay with you for the first 24 hours after surgery.

We recommend that you not have dental work done within the week before breast implant surgery because of increased risk of infection. Also if you develop a cold or any type of upper respiratory infection within a week let us know.