

BEFORE SURGERY

OBTAIN PRIMARY CARE or CARDIOLOGY CLEARANCE ALONG WITH LABS (see attached clearance sheets)

OBTAIN OPHTHALMOLOGY CLEARANCE IF EYELID SURGERY IS BEING PERFORMED

4 WEEKS PRIOR TO SURGERY: No nicotine

TWO WEEKS PRIOR TO AND TWO WEEKS AFTER: avoid all potential blood thinners including meds and supplements (see attached sheet) and alcohol. Take Vitamin C 1000mg by mouth three times daily. We recommend Ester-C which is buffered and therefore easier on your GI system.

IN PREPARATION FOR SURGERY: your labs and clearance(s) need to be completed and faxed prior to your pre-operative appointment. At this appointment we will obtain the consents and explain the pre- and post-operative care. In addition, all prescriptions necessary will be given to you. You must fill these prescriptions and bring them with you the day of surgery. If eyelid surgery is being performed, you must buy artificial tears (e.g. Refresh Plus) and lubricating ointment for the eyes (e.g. Refresh PM). Make sure the drops specifically say "preservative free." If nasal surgery is being performed, purchase a nasal decongestant (e.g. Afrin), nasal saline sprays (e.g. Ocean or Ayr) and a cool mist humidifier. If facelift or forehead surgery is being performed, purchase Baby shampoo and a gentle facial cleanser (e.g. cetaphil, Neutrogena). For all procedures, you will need peroxide, gauze, and q tips in order to clean any crusts that develop along the suture lines.

NIGHT BEFORE SURGERY

Nothing to eat or drink after midnight. Your case may be cancelled or delayed if you do. Certain blood pressure, thyroid, and diabetes meds are allowed the morning of surgery with a sip of water.

Wash your face and hair and body with a liquid antibacterial soap like Dial liquid. This will not harm your hair. Do not use any conditioner or moisturizer.

DAY OF SURGERY

Wash your face again with the antibacterial soap

Take any approved meds with a sip of water.

Remove all jewelry and piercings. These can conduct heat and electricity used during surgery.

Do not wear contact lenses

Wear loose, comfortable clothing that buttons down the front. Don't bring any valuables.

Bring all prescriptions with you. These meds are what will be given to you during your overnight stay (if indicated) and prior to discharge.

If your procedure includes a facelift or forehead surgery, we require that you stay with us overnight. If it does not, then you will be discharged from the facility the day of the surgery.

Someone will need to drive you to and from the surgical center. If you are staying overnight, the discharge time is generally 8 am.