

PACIFIC CENTER FOR PLASTIC SURGERY

Pre-Op Instructions

2 Weeks Prior

- STOP medications that may increase risk of bleeding. See list attached
- START taking Recovery Support Program surgery vitamins if purchased (3AM, 3PM)
- STOP smoking. No nicotine patch or nicotine-based products for at least 4 weeks before and 4 weeks after surgery
- Avoid crowds or anyone with a cold/flu.
- Arrange for a responsible adult to drive you to and from surgery and stay with you for at least 24 hours following surgery.
- Make plans to sleep with your head elevated at night, i.e. recliner, chair or extra pillows if instructed by your physician
- Confirm all pre-operative testing is received at our office. This includes lab tests, EKG and/ or medical clearance as discussed at your consultation.

1 Week Prior

- **Fill and review your prescriptions and instructions.**
- Find your comfort zone: locate the most comfortable place for your recovery.

3 Days Prior

- Begin taking Healing Support Program Vitamins, Bromelain and Arnica 2AM, 2LUNCH, 2PM=6 total per day.

2 Days Prior

- Start showering with hibacleanse.
- Apply Clonidine Patch (if directed to place 2 days prior) Shower with patch on.
- No caffeine until after surgery
- No alcohol until advised by physician.

1 Day Prior

- Do not eat or drink anything after midnight if you are having general anesthesia
- Pack bag for the day of surgery, including: Your identification, all paperwork, reading glasses, warm clean socks, all prescription medications, saltines or other crackers in case of nausea during your ride home, wide brimmed hat or scarf (if you are having facial surgery). TED hose, sports bra or compression garment
- Confirm plans with 24 hour caregiver and make sure he/she has all of your post-operative instructions.
- Avoid scented lotions and creams.
- Shampoo hair but do not use any styling products. No cosmetics or dark-colored nail polish.
- Apply Scopolamine (anti-nausea) patch

Day of Surgery

(Before Surgery)

- No food or drink if having general anesthesia or IV sedation. If you take blood pressure or thyroid medication, take with a sip of water only and please inform the anesthesiologist and nurse.
- Eat a light breakfast **ONLY** if having surgery in our office under local anesthesia
- No contact lenses, hair clips, body piercing or jewelry unless you cannot remove.
- Wear clean, comfortable, loose-fitting clothing like a warm-up suit, zip or button-up top and flat slip-on shoes.
- Bring bag packed with necessary items for surgery (see 1 Day Prior for list of items)
- Wear TED hose

For after surgery instructions, please refer to Post Op Instructions.

7/27/16