

GETTING READY FOR SURGERY

- **Schedule elective surgery when you're healthy.** A good immune system improves your chances of a speedy recovery. Call your primary care doctor to discuss your upcoming surgery if you are over 55 years old or have any medical conditions. Your doctor will decide if you need any tests before surgery and will notify us in writing that you are healthy to undergo the procedure. Some surgeries require tests before the procedure, regardless of your age.
 - **Build a support structure.** Rely on your family and friends to help you. Ask them to bring healthy foods. Talk about your fears or worries with supportive friends.
 - **Drink plenty of water.** It is important to drink at least 6-8 glasses of water each day and especially the day before surgery as you will not be able to drink much on the day of surgery.
 - **Do not drink alcohol after surgery.** After your procedure, do not drink alcohol while you are still taking prescription pain medication. The combination of narcotic pain medications and alcohol can lead to serious consequences including death from respiratory arrest.
 - **Do not smoke eight weeks before and after surgery.** This cannot be stressed enough! Quitting smoking is essential for the best healing and fine scars. Smoking increases your risk of other complications as well. Do not use gums, vapes, or patches that contain nicotine for the same period of time before and after surgery. Nicotine constricts the blood vessels which are supplying essential nutrients for the healing process.
 - **Certain nutritional supplements can thin your blood.** These include vitamin E, fish oil, omega 3, herbal and homeopathic medications. Please stop these 14 days before the procedure
 - **Certain vitamins and minerals promote healing.** They include bioflavonoid, Copper, Selenium, Zinc, and Vitamins A and C.
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- **Do not drive, operate machinery or make important decisions** when taking narcotic pain medicine. They can make you sleepy and slow your reaction time.

MEDICATIONS TO AVOID BEFORE AND IMMEDIATELY AFTER SURGERY

- **Do not take aspirin, or non-steroidal anti-inflammatory medication (NSAID's) for two weeks prior to and 10 days after surgery. These medications are blood thinners and can cause excessive bleeding during surgery.** In addition, ensure that any over the counter sinus or cold remedy that you take during this time period does not contain these drugs. Medications listed below are medications containing aspirin, supplements, non-steroidal anti-inflammatory medications, and MAO inhibitors. **Please note that this is not a complete list.**

ASPIRIN, ADVIL, CELEBREX, NAPROSYN, VOLTAREN, IBUPROFEN, CELEBREX, LODINE, TORADOL, MOTRIN, NAPROXEN, INDOCIN, BEXTRA, DICLOFENAC, MOBIC, RELAFEN, FELDENE, DAYPRO, ALEVE, KETOPROFEN, ALKA-SELTZER, ANACIN, BAYER ARTHRITIS, EXCEDRIN, BUFFERIN, DARVON, FIORINAL, ECOTRIN, PERCODAN, VITAMIN E, FISH OIL(ANY TYPE), MA HUANG, ECHINACEA, GINKGO BILOBA, GINSENG, KAVA, ST. JOHN'S WORT, NARDIL (PHENELZINE), PARNATE (TRANLYCYPROMINE)

- **You will need to stop any blood thinners/anticoagulants prior to surgery.** You will need to discuss when this medication needs to be stopped and will be different depending on what medication you are on. If you are on any blood thinners and this has not been discussed please call the office. **See list below, please note this may not be a complete list.**

COUMADIN, PLAVIX, XARELTO, ELIQUIS, SAVAYSA, PRADAXA, WARFARIN, HEPARIN, PERSANTINE, AGGRENOX, FRAGMIN, TICLID, ORGARAN

IF YOU ARE TAKING ANY OF THE FOLLOWING FOR WEIGHT LOSS YOU WILL NEED TO STOP THESE AT LEAST 2 WEEKS PRIOR TO SURGERY

- **MOUNJARO (TIRZEPATIDE)**
- **OZEMPIC (SEMAGLUTIDE)**
- **RYBEISUS (SEMAGLUTIDE)**
- **WEGOVY (SEMAGLUTIDE)**
- **TRULICITY (DULAGLUTIDE)**
- **BYDUREON**
- **BYETTA (EXENATIDE)**
- **VICTOZA (LIRAGLUTIDE)**
- **SAXENDA (LIRAGLUTIDE)**
- **ADLYXIN (LIXISENATIDE)**

If you are taking any of the above medications for diabetes or for any other reason please let us know.

- Medications that MAY be taken prior to surgery are listed below.

ACETAMINOPHEN (TYLENOL), DARVOCET, FIORICET, DARVON, DILAUDID, PERCOCET, OXYCONTIN, OXYCODONE, VICODIN, LORCET, TYLENOL WITH CODEINE, ROXANOL

NIGHT BEFORE AND MORNING OF SURGERY

- **Do not eat or drink anything after 7pm the night before your surgery,** unless your doctor tells you otherwise. This to prevent anesthetic complications and your procedure may be cancelled if it is not followed. **No gum, candy, mints or coffee the morning of surgery.**
- **Shower with regular soap and water the morning of surgery and the night before.** For facial procedures, wash your face and neck thoroughly with soap and water. Remove all makeup, especially mascara and eyeliner. This will diminish the chance of a wound infection.
- Do not use any creams, lotions or hair sprays on the morning of surgery.
- You may brush your teeth the morning of surgery but do not drink anything.
- Do not wear contact lenses to surgery. If you wear glasses, bring them with your eyeglass case.
- Wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear home is a button or zip-up top and pull on pants. You will want flat shoes that are easy to slip on.
- Do not bring any money or valuables. Do not wear any jewelry (no rings, earrings, chains, body piercings or watches).
- **You must have an adult drive you to and from surgery.** Please note that a private driver, cab or bus will not be allowed to take you home after surgery. When you arrive, be sure we know your driver's name, phone number and contact information. If you are not going home to recover, it is very important that we have your number and contact information where you will be after surgery.