

## **Pre-Op Instructions**

### **2 Weeks Prior to Surgery:**

- Make sure you have completed any requested pre-op testing.
- Stop any of the following medications, or any other medication containing the listed (Aspirin, Ibuprofen, Aleve, Advil, Naproxen, Motrin, Herbals (including teas), Fish Oil, Vitamin E (the amount in a multi-vitamin is okay), and blood thinners. You may take Tylenol for pain or a Headache.
- Make sure to inform us of any changes in medications, or medical history.
- If you are a smoker, you should have already stopped smoking 1 month prior to your procedure. This includes second hand smoke, nicotine patches, and vapes. This is important for optimal healing after surgery.

### **1 Day Prior to Surgery:**

- In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.
- Drink plenty of fluids throughout the day to keep you well hydrated.
- Purchase: Bacitracin ointment for use on wounds, sanitary pads/mini pads to use as dressings and paper tape. If having laser resurfacing, a nasal procedure, or a blepharoplasty/eye procedure, you will need moisturizing eye drops.
- Shower the night before surgery.
- Make sure you have a responsible adult to bring you, pick you up after surgery and stay with you at home for the first 24 hours. We will be reviewing discharge instructions with this individual as well.
- DO NOT eat or drink anything after midnight. This includes coffee, tea, mints, gum and water.

### **Day of Surgery:**

- If regularly taken in the morning, blood pressure, antidepressants, and acid reflux medications can be taken with a small SIP of water.
- DO NOT take insulin, diabetic, or diuretic (water pill) medications unless told to do so.
- If you have a scopolamine patch, apply this behind either ear (if having a procedure involving the face, apply the patch to your chest). Wash your hands immediately after application.

-If you use an inhaler or CPAP machine, bring it with you to the surgery center.

-Shower and wash your hair. DO NOT apply any make-up, lotions, powders, deodorant, or perfumes to your skin.

-You may brush your teeth and swish/spit with mouthwash, remove contact lenses, remove all jewelry and piercings, and leave ALL valuables at home.

-Wear clothes and shoes that are easy to slip on and off, shirt and jacket that buttons/zips up the front. You may wear socks during surgery, and may be able to wear underwear depending on your procedure.

-Family will not be permitted back during the pre-op stage, but will be able to come back and sit with you while in recovery after surgery. Expect to be in recovery for approximately 1-2 hours.