

General Preoperative Instruction Sheet

Please discontinue for 2 weeks before and after surgery the medicines and supplements listed in the **Medications That May Inhibit Ability to Clot Blood** and **Others That May Inhibit Ability to Clot Blood** lists.

Tobacco

Nicotine in any form, including cigarettes, cigars, chewing tobacco, and even transdermal patches and gum can adversely affect your wound healing. Tobacco use will compromise the success of your surgery. Therefore, it is advised that you stop all forms of tobacco 2 weeks before and after surgery.

Alcohol

Try to abstain from any heavy drinking 2 weeks before and after surgery. If possible, curtail even moderate social drinking 1 week before and after surgery.

On the Day of Surgery . . .

1. Please wear a button-down shirt instead of a pullover shirt so that you may change clothes afterward without disturbing your wound or soiling your clothing.
2. Do not engage in any vigorous cardiovascular exercise the morning of surgery. Increasing your blood flow with exercise the morning of surgery may increase your chance of bleeding.
3. Please make sure that you have arranged to have someone transport you home after surgery.
4. Please wash your face prior to your surgery and do not apply any makeup, lotions or moisturizers to your face.

Also . . .

Please read all your *postoperative* instructions very carefully now before your surgery. You will notice that you should clean your wounds with hydrogen peroxide and bacitracin using Q-tips or cotton balls. Also, applying vitamin E ointment to the wound edges is recommended. In addition, a package of frozen peas or corn should be purchased to decrease swelling after surgery. It would be convenient if you bought all these over-the-counter items prior to surgery.

Most of all, be *patient* during the healing process. The results will be worth the wait. If you have any further questions, we urge you to call.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and/or health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.