

## General Surgery Instructions

### **Before Surgery**

1. Two weeks prior to surgery, **DO NOT** take any products containing aspirin such as: aspirin, ibuprofen, Motrin, Excedrin, Aleve or Midol. Anti-inflammatories such as Celebrex must also be avoided. You must not take any anti-platelet drugs such as Plavix, check with your physician or cardiologist as to whether Plavix can be stopped pre operatively (**DO NOT STOP THIS MEDICATION WITH OUT SPEAKING TO YOUR DOCTOR FIRST**). Drugs such as coumadin or heparin should also be stopped pre operatively but you **must clear** this with your physician or cardiologist as well. If you are taking diet pills, metabolic boosters, or herbs, you must stop taking them 14 days before your surgery. Avoid an excess of garlic and tomatoes. All of the listed products interfere with normal blood clotting which can seriously affect your surgical procedure and wound healing in plastic surgery. Tylenol is an acceptable substitute for pain during this time. If you are unsure about any product you are taking, please contact our office.
2. We recommend that you take one multi-vitamin (such as Centrum), and an extra 500mg of Vitamin C daily for two weeks before and after surgery. These products help with the healing process. Good nutrition is also important for wound healing. Please maintain a normal, balanced diet.
3. Please call our office if you have any sign of a cold, flu, or any other type of illness or infection prior to your surgery.
4. For any procedure being done in a surgical facility, you must pre-admit no sooner than 7 days before surgery. During the preadmission process, blood will be drawn for lab work and a urine sample will be needed.
5. Please take a Hibiclens™ shower twice daily 3 days prior to surgery and also take one the morning of your surgery.
6. You can shave your pre-pubic area 24 hours before surgery if you are having liposuction or an abdominoplasty (we can also do this for you just before surgery).
7. Shave the axilla 24 hours prior to breast augmentation, breast reduction, or breast reconstruction.
8. You must arrange for someone to pick you up at the time of discharge. You **WILL NOT** be able to drive yourself home.
9. Do not eat or drink anything after midnight the night before your surgery. Do not eat anything too heavy or that “disagrees” with you after 9:00 p.m.
10. The day of surgery wear loose fitting, comfortable clothing that either zips or buttons in front.

### **After Surgery**

1. Please re-read all information you have been given concerning your surgery.
2. You must rest for the first 24-48 hours after surgery. After you are discharged from the surgical facility, go straight home and rest. Rest is very important when recovering from plastic surgery. The first day after surgery, you may require assistance getting up, bathing, and going to the bathroom.
3. It is not unusual for an individual to experience and “emotional let down” following surgery. Please note that this is temporary and can happen to anyone regardless of what type of procedure they have had.
4. You can have liquids or light, bland solids the day of and day after surgery. If you do not experience any nausea, you may slowly advance your diet.
5. Don't take chances; if you are concerned about anything regarding your surgery, please call our office. Our staff is here to help! (806) 467-1600