

Preoperative Instructions – Plastic Surgery

Pre-surgery instructions are to help reduce risks associated with surgery and anesthesia, and promote healing in the recovery period. The surgical facility or hospital will contact you before the procedure to review the preoperative instructions. Surgery may be delayed or cancelled as needed, if this pre-surgical guideline is not followed. Please contact Dr. Chaboki with any questions.

3 to 6 Weeks Prior to Surgery

Schedule and complete preoperative testing ordered by Dr. Chaboki and/or your Primary Care Physician (PCP). Preoperative testing may include routine blood and urine tests, chest x-ray, electrocardiogram (ECG), and a physical examination by your PCP. If you have any heart history or medical problems, a stress test or cardiologist evaluation may also be required. Preoperative testing should be completed *no sooner* than 6 weeks and *no later* than 1 week prior to the date of surgery to ensure results are current.

This comprehensive preoperative medical evaluation is important to ensure you are physically ready to have the surgery and anesthesia. Please have your PCP send a copy of test results, your physical exam, and his/her written note to our office.

2 Weeks Prior to Surgery

- Stop taking aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication, as these medications increase bleeding.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your PCP or cardiologist. Dr. Chaboki will advise you when you may resume taking these medications, which may be a few days.
 - Tylenol (acetaminophen) may be taken for pain or headaches *before* surgery
- Stop herbal medication, supplements, and teas, as these substances may increase bleeding.
 - Herbals with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort
 - Daily multivitamins are okay
- Stop any diet medication
- Stop smoking
 - Smoking greatly increases the risk of anesthesia, surgery, wound healing, & recovery

The Day Before Surgery

- Stop all alcohol consumption
- Have a light dinner
- **DO NOT** eat or drink from midnight prior to the day of surgery. This restriction includes water, milk products, chewing gum, mints/candy, coffee, and juice. You may take your regular medications with a very *small* sip of water. Your stomach should be empty for several hours before anesthesia.

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Specializing in rhinoplasty (nose job surgery), face lift, neck lift, blepharoplasty (eyelid surgery), brow lift, Botox, facial fillers, and skin care for Washington DC, Maryland, and northern Virginia.

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The Day of Surgery

- Please have a list of your current medications as well as the name(s) and phone number(s) of your PCP, other physicians you visit, & friends/family
- **DO** take your regular medications as ordered by your PCP with a very *small* sip of water. You may take any of these medications:
 - Heart Medication
 - Blood Pressure Medication
 - Anti-Acid Reflux Medication
 - Birth Control Medication
 - Steroids and Immunosuppressants
 - Thyroid Medication
 - Anti-Seizure Medication
 - Asthma Medication
 - Insulin (only take HALF of your normal dose)
- **DO NOT** take the following medication
 - Chewable antacids (TUMS, Rolaids, etc)
 - Diuretics (water pills, furosemide, hydrochlorothiazide)
 - Oral hypoglycemics or Diabetic pills (Glucophage, Avandia, Actos, DiaBeta, Micronase, Glucotrol, Amaryl)
 - Aspirin (and aspirin-containing compounds)
 - Non-steroidal Anti-inflammatory pills (ibuprofen, Motrin, Advil, Mobic, Orudis, etc)
 - Potassium
 - Weight reduction pills
 - Vitamins
 - Herbs and supplements
- Wear loose, comfortable clothing
- Do not bring jewelry, large amounts of cash, or other valuables
- Do not wear hairspray, perfume, makeup, or nail polish
- Do not wear false eyelashes, artificial nails, or wigs
- Do not wear dentures
- Do not wear eye contacts lenses. Bring your eyeglass case, and hearing aid case, if applicable
- Bring your current insurance card, photo ID, your copayment, and advance directive if you have one.
- Be sure to arrange a ride home after your procedure, as you will not be able to take a taxi, use public transportation, or drive yourself home after having anesthesia.
- Arrive at least 90 minutes prior to your scheduled surgery time.

After Anesthesia

- Plan to rest on the day of surgery
- Advance your diet slowly from liquids to soft. Nausea may last several hours after anesthesia.
- No smoking or alcohol
- Do not drive a car or operate machinery (lawn mower, saws, etc) until 24 hours after anesthesia
- Do not make any personal or legal decisions until 24 hours after anesthesia
- Apply warm compress to any redness or swelling at the IV site in your hand or arm
- You will be given narcotic pain medication that contains acetaminophen. Do NOT take additional acetaminophen or Tylenol for pain or headaches.
- Follow the postoperative instructions specific to your procedure

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