

# Preoperative Instructions – Plastic Surgery

Pre-surgery instructions are to help reduce risks associated with surgery and anesthesia, promote healing in the recovery period, and maximize results. The surgical facility will also 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 the office with any questions.

## 3 to 6 Weeks Prior to Surgery

Schedule and complete preoperative testing as ordered by the office and/or your Primary Care Physician (PCP). Many young, healthy patients without pre-existing conditions who undergo elective plastic surgery do not require specialized testing prior to surgery.

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.

Pregnancy test will be performed at the facility on the day of surgery.

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 and facility.

## 2 Weeks Prior to Surgery

- Stop taking aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication, as these medications increase bleeding. You will be advised when you may resume taking these medications after surgery.
  - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your PCP or cardiologist.
  - Tylenol (acetaminophen) may be taken for pain or headaches *before* surgery
- Stop all herbal medication, supplements, and teas, as these substances may increase bleeding.
  - Increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
  - Daily multivitamins are okay
- Stop any diet medication and GLP-1 medications (ex. Ozempic, Wegovy, Mounjaro)
- Stop smoking and vaping
  - Smoking greatly increases the risk of anesthesia, surgery, wound healing, & recovery
  - Quitting all together even earlier is better

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## 1 Week Prior to Surgery

- Review again the post-operative Care Instructions specific to your procedure(s).
- Obtain your prescription medications.
- Obtain non-prescription medications as appropriate for your surgery:
  - Nose surgery: saline nasal spray
  - Face, Skin, Eyelid surgery: plain petrolatum (ex. Vaseline)
  - All surgery: chlorhexidine gluconate skin cleanser (ex. Hibiclens)
- Prepare your recovery space:
  - pillows or reclining chair to keep your head elevated
  - clean towels
  - cotton-tip applicators (ex. Qtip)
  - gauze
  - groceries
- Identify your care taker(s) to help you after surgery.

## The Day Before Surgery

- Stop all alcohol consumption.
- Have a light dinner.
- DO NOT eat or drink after midnight. This restriction includes water, milk products, chewing gum, mints/candy, coffee, and juice. You may take your regular medications (see allowed medications below) with a *very small* sip of water. Your stomach should be empty for several hours before anesthesia.
- Wash your hair and skin with chlorhexidine gluconate skin cleanser (ex. Hibiclens).

Because the skin, hair, and nose are not sterile, we ask to get your skin as clean as possible. Your skin will be prepared with antiseptic before your surgery, but the antiseptic can work better if your skin has already been appropriately cleaned by you ahead of time.

Wash with the skin cleanser 4% chlorhexidine gluconate (CHG), which may be purchased at most pharmacies or stores. Wash both the day before and the day of your surgery with CHG.

- First, wash normally with a regular mild soap and shampoo, then rinse completely with water. Make sure the soap and shampoo is thoroughly rinsed off prior to using CHG, since it is inactivated by normal soaps and shampoos.
- Treat your scalp, hair, nose, and neck/body skin with CHG.
- Special attention should be paid to your neck, behind ears, under arms, breasts, feet, groin, belly button, and skin fold regions.
- Avoid the eyes and inside the ears, since CHG irritates the eyes and inner ear.
- Don't use a body lotion or moisturizer after bathing or showering with CHG. The body lotion will inactivate the residual bacteriostatic effects of CHG.
- Repeat the day of surgery, then discard any leftover CHG.

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## The Day of Surgery

- Please have an updated 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 the following 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, Alleve, Mobic, Orudis, etc)
  - Potassium
  - Weight reduction pills
  - Vitamins
  - Cough or cold
  - Herbs, supplements, or substances
- Wash your hair and skin with chlorhexidine gluconate skin cleanser (ex. Hibiclens).
- Don't use a body lotion or moisturizer after bathing or showering.
- Wear loose, comfortable clothing.
- Do not bring any jewelry.
- Do not bring 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 contacts lenses. Bring your eyeglass case and hearing aid case, if applicable.
- Bring your insurance card, photo ID, copayment, and advance directive, if you have one.
- Arrange transportation home with a friend or family member after your procedure, as you will not be able to take a taxi alone, use public transportation alone, or drive.
- Arrive at least 60 minutes prior to your scheduled surgery time.

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## After Anesthesia

Follow the instructions below and the postoperative instructions specific to your procedure. Please contact the office with any questions.

## General

- Do not drive or operate machinery (ex. lawn mower, snow blower, etc)
- Do not make any personal or legal decisions
  
- Do not take any sleeping medication or relaxation medication
- Apply warm compress to any redness or swelling at the prior IV site in your hand or arm
- You may be given narcotic pain medication that contains acetaminophen. Do NOT take additional acetaminophen or Tylenol for pain or headaches.
  
- No smoking, vaping, or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. You will be advised when you may resume taking these medications.
  - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- No herbal medications, supplements, or teas.
  - Increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea

## Diet

- Sore throat may occur, and generally resolves by 24 hours.
- Nausea is generally uncommon, but may last several hours after anesthesia. If present, usually subsides by 24 hours.
- Advance slowly from liquids to soft, then solid foods after anesthesia. No restrictions on specific type of food or drink. Drink plenty of fluids. Do not chew gum.

## Activity

- Plan to rest on the day of surgery, but you don't necessarily need to stay in bed.
- Light walking is generally permitted and encouraged.
- Take several deep breaths every hour to help stretch your lungs.
- Sleep with your head elevated for at least the first 48 hours, to help reduce facial swelling.
- Do NOT blow your nose.
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open.
- Do NOT bend over or hang your head down.
- No heavy lifting, straining, strenuous activity, or sex for at least 2 weeks.