

PRE-OPERATIVE INSTRUCTIONS

2 weeks prior to surgery

- Stop taking aspirin, NSAIDs and Vitamin E.
- Stop smoking!

Day before surgery

- Do not eat or drink anything after midnight the night before surgery. Be sure to eat a light dinner the night before (not too heavy or spicy).
- A blocked number might call you the night before the surgery; please try to pick up, it's our anesthesiologist calling to go over details about your care.

How to prep for day of surgery

- Leave valuables at home.
- Do not wear make-up the day of surgery.
- If you wear contact lenses, leave them at home and wear your glasses.
- Remove all jewelry including earrings, body jewelry, bracelets, rings, etc. Anything metal in/on your body can lead to electrical burns and/or infection.
- Bring or wear loose fitting clothing for after surgery. The top should zip in the front if possible, to facilitate easy dressing/undressing. Wear older clothes in case anything should get soiled postoperatively.
- Have a friend or loved one ready to pick you up after your surgery. You will also need a responsible adult to stay with you for at least the first 24 hours.
- If you are having liposuction as part of your procedure, please have your driver bring old towels to protect their car interior from potential drainage.
- *Recommended supplies to have at home: gauze/maxi pads, medical tape, disposable chucks/chux. These items are readily available at any pharmacy.*

Day of Surgery!

- Please arrive to our office (2100 Webster Street, Suite 429) the day of your procedure at 7 am, unless otherwise instructed. The security guard typically unlocks the front doors of the building around 6:50 am. Masks are required for entry at this time.
- **COVID** Specific Instructions:
 - If you have flu-like symptoms currently, please tell us now, and we can reschedule your surgery with no financial penalty.
 - Please do not bring anyone with you the morning of surgery; they can drop you off and pick you up after surgery, but they will not be allowed to accompany you to Suite 429 except for to receive post-op instructions at time of discharge.