

## PRE-OPERATIVE INSTRUCTIONS

### 2 weeks prior to surgery

- Stop taking aspirin, NSAIDs (ibuprofen, Advil, Aleve, naproxen), and Vitamin E.
- Stop smoking!

### Day before surgery

- Do not eat or drink anything after midnight the night before surgery. This includes water. Be sure to eat a light dinner the night before (not too heavy or spicy). Do not have breakfast.
- 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 jewelry and other valuables at home.
- Anything metal in/on your body can lead to electrical burns and/or infection. Please remove ALL rings, earrings, bracelets, etc. Please also let us know if you have any metal INSIDE your body.
- Bring or wear loose fitting clothing for after surgery. The top should zip in the front (if possible) to facilitate easy dressing/undressing. Sweatpants or pajama pants are great. Wear older clothes in case anything should get soiled postoperatively.
- Bring or wear shoes that are easy to put on, such as slides, Crocs, etc. Try to avoid laces, buckles, or heels.
- If you are having liposuction as part of your procedure, please prepare towels or Chux pads in the car to soak up any drainage and avoid staining your car seats.
- 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.
- *Recommended supplies to have at home:* gauze/maxi pads, medical tape, disposable Chux pads. These items are readily available at any pharmacy.

### For out-of town patients

- If you live more than 45 minutes away from our office, please make accommodations to stay in town for at least the night of your procedure. [Here \(https://www.sutterhealth.org/for-patients/hotels-nearby-cpmc\)](https://www.sutterhealth.org/for-patients/hotels-nearby-cpmc) is a list of hotels that have discounted rates with our office building.

### 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 and the parking garage at around 6:50 am. Masks are required for entry at this time.