

PREPARING FOR SURGERY*

2 Weeks Prior to Surgery

- **Stop Smoking:** Smoking reduces circulation to the skin, impedes healing and in some surgeries prevents (constricts) the blood supply to areas that require it for proper healing, which could cause skin loss. You **MUST STOP SMOKING 2 WEEKS BEFORE AND 2 WEEKS AFTER IF YOU ARE HAVING FACIAL OR ABDOMINAL SURGERY!! NO EXCEPTIONS!!** Smoking also increases your need for anesthesia and makes your recovery after surgery more difficult. It is in your best interest to stop smoking 2 weeks before any surgical procedure.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Two weeks before and two weeks after surgery you must stop taking all medications containing Aspirin, Ibuprofen, & Naproxen Sodium. This includes but is not limited to: Advil, Aleve, Midol, Excedrin, BC Powder, Motrin, Anacin, Bufferin, & 81 mg. Baby Aspirin. Review the list of drugs containing aspirin and ibuprofen or those that have a similar effect on your bleeding time such as: Alka Seltzer and Pepto Bismol. Such drugs can cause your clotting time to take longer as they thin your blood, which leads to bleeding problems during and after surgery. Instead, use medications containing acetaminophen (Tylenol).
- **Herbal Supplements:** You must stop taking all herbal and dietary supplements two weeks before and two weeks after your surgery.
- **Fill your prescriptions:** You will be given prescriptions for medications. Please have them filled **BEFORE** the day of surgery and bring them with you.

Two Days Before Surgery

- **Avoiding Constipation:** You may start a stool softener 2 days before surgery (Docusate 100mg, 1 pill twice daily) and continue it twice daily until you have a normal bowel movement or while you are taking narcotic pain medication. Stop the stool softener if you start to experience loose or watery stools. If you continue to have symptoms of constipation you can take Milk of Magnesia (mild oral laxative), or use Magnesium Citrate (much stronger). In addition, you can also try Dulcolax suppositories or a fleet enema. All of the above mentioned medications can be bought over the counter at your local pharmacy.

The Day Before Surgery

- **Prescriptions:** Make sure that you have filled all of the prescriptions you were given and set the medications out to bring with you to the surgery center.

- **Cleansing:** The night before surgery, shower and wash the surgical areas with an antibacterial soap (Dial bar or liquid soap).
- **Eating & Drinking:** Do not eat or drink anything after 12:00am! This includes water, gum, & candy.

The Morning of Surgery

- **Special Information:** Do not eat or drink anything! However, if you take a daily medication or if you are given a medication by our office to take the morning of surgery, you may take it with a sip of water in the morning when you wake up.
- **Oral Hygiene:** You may brush your teeth, but do not swallow the water
- **Cleansing:** Shower and wash the surgical areas again with an antibacterial soap. Please do not wear moisturizers, creams, lotions, perfume/cologne, deodorant, powder, or makeup on your body/face.
- **Clothing:** Wear comfortable, loose-fitting clothing that does not have to be pulled over your head. Remove wigs (if applicable) and leave all jewelry and valuables at home.
- **Arrival Time:** Surgical arrival times vary by facility. It can be up to 2 hours before your scheduled surgery time. All outpatient surgical procedures in which you will be given general anesthesia or sedation require the patient to have a responsible adult driver at the facility for drop off & pick-up. Some facilities do require your driver to stay there until you are discharged to go home. You will also need someone to stay with you for the first 24 hours.