

Cosmetic Pre-Operative Instructions

Do not take any aspirin or aspirin-containing products, or any Vitamin E for TWO weeks prior to surgery as well as after surgery.

Do not smoke for at least TWO weeks prior to as well as after surgery.

Do not drink alcoholic beverages for at least ONE week prior to as well as after surgery.

Wear comfortable, loosely fitting clothing (i.e. pull-on-pants, button-down shirts, warm socks, open-front robes or housecoats.) Woman should avoid tight pants, jeans and leggings. Do not wear any jewelry or makeup.

Have your prescription filled and ready by the day prior to surgery.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT UNLESS OTHERWISE INSTRUCTED TO DO SO. This includes chewing gum and breath mints.

Take two showers with antibacterial soap, one the night before your surgery, and one in the morning. Scrub the areas of the body to be operated upon for ten minutes during each shower, especially under the arms for breast surgery and groin areas for body surgery. (After showering, NO perfumes, lotions, powders, deodorant, etc.)

For FACE surgery, wash face and neck with antibacterial soap thoroughly the night before and the morning of surgery. Do NOT use hair spray.

You will need a responsible person to both bring you to the office and pick you up on the day of surgery. **YOU MAY NOT DRIVE YOURSELF UNDER ANY CIRCUMSTANCES.** Leave the name & number of your driver with the nurse.

DO NOT TAKE ANY DIET PILLS FOR TWO WEEKS PRIOR TO SURGERY.

If you have any change in health or any questions, please do not hesitate to call us at (954) 983-1899

Remove all body piercings & jewelry.

Remove contact lenses.

Do not wear makeup.

All patients must stop taking all aspirin-containing medications for at least two (2) weeks prior to surgery and two (2) weeks after surgery. Aspirin is a very strong blood-thinning agent (anticoagulant) and causes bleeding problems in a normal people.

Listed below are some of the many aspirin-containing medications to avoid:

A.P.C.	Darvon Compound	Robaxisal
Advil	Datril	Sine-Aid
Alka-Seltzer	Dristan	Sine-Off
Anacin	Duragesic	SK-65 Compound
Ascodeen-30	Ecotrin	Standin
Ascriptin	Empirazil	Staro-Darvon & ASA
Aspirin	Empirin	Synalgos D.C
Aspirin Suppositories	Equagesic	Supac
Bayer Aspirin	Fiorinal	Tolectin
BC Powders	Excedrin	Traminicin
Buff-A-Comp	Indocin	Vanquish
Buffadyne	Measurin	Midol
Buffarin	Butalbital	Monacet w/ codeine
Cama-Inlay Tabs	Metrin	Norgesic
Cheracol Caps	Congespirin	Panlgesic
Cope	Percodan	Percogesic
Coricidin	Pabrin Buffered Tab	4-Way Cold Tabs

If you must take something for headaches or other minor discomfort, you may only take Tylenol during to two weeks before and after your surgery

If you are currently taking one of the above-listed medications under doctor's orders, please contact us. If you are currently taking a medication and do not know if it contains Aspirin, contact your pharmacist.

Also , it is important that you do not take large doses of Vitamin E (more than 1,000 units per day) for two weeks before and two weeks after your surgery.

Your cooperation can help you avoid bleeding complications and/or excessive bruising and swelling with your upcoming surgery.