



BEFORE YOUR PROCEDURE

PRE-OPERATIVE INSTRUCTIONS

Please follow these steps carefully in the weeks and days leading up to your surgery. Proper preparation lowers your risk of complications and helps you heal faster. Call the office with any questions.

2 WEEKS PRIOR TO SURGERY

- ◆ NO ASPIRIN or medicines that contain aspirin since it interferes with normal blood clotting.
- ◆ NO IBUPROFEN or medicines that contain ibuprofen as it interferes with blood clotting.
- ◆ Please DISCONTINUE ALL HERBAL MEDICATIONS as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.
- ◆ Please DISCONTINUE ALL DIET PILLS whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.
- ◆ NO "MEGADOSES" OF VITAMIN E, but a multivitamin that contains Vitamin E is fine.
- ◆ NO SMOKING because nicotine reduces blood flow to the skin and can cause significant complications during healing.
- ◆ You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.
- ◆ Start taking a multivitamin each day and continue taking through your recovery. The healthier you are, the quicker your recovery will be.

1 WEEK PRIOR TO SURGERY

- ◆ DO NOT take or drink any alcohol or drugs for one week prior to surgery and one week after surgery as these can interfere with anesthesia and affect blood clotting.
- ◆ If your skin tolerates, use a germ-inhibiting soap for bathing, such as Dial, Safeguard, or Lever 2000 for at least the week before surgery.
- ◆ DO report any signs of cold, infection, boils, or pustules appearing before surgery.
- ◆ DO arrange for a responsible adult to drive you to and from the facility on the day of surgery since you will not be allowed to leave on your own.
- ◆ DO arrange for a responsible individual to spend the first 24 hours with you since you CANNOT be left alone.



NIGHT BEFORE SURGERY & MORNING OF SURGERY

MORNING OF SURGERY — MEDICATIONS

If you take blood-pressure medication, take it the morning of surgery with just a sip of water, unless you have been told otherwise. It is also perfectly fine to take the Valium (diazepam) we prescribe with a sip of water the night before and/or the morning of surgery to help you stay calm and relaxed. Keeping your anxiety — and your blood pressure — down before surgery helps everything go more smoothly.

- ◆ DO NOT eat or drink anything (not even water) after midnight the night before your surgery. This includes gum, candy, mints or coffee the morning of surgery. Do not sneak anything as this may endanger you.
- ◆ If you are on regular medications, please clear these with Dr. Sandel/Dr. Duggal.
- ◆ DO take a thorough shower with your germ-inhibiting soap the night before or the morning of surgery. Shampoo your hair the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.
- ◆ DO NOT apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.
- ◆ You may brush your teeth the morning of surgery but do not drink anything.
- ◆ DO NOT wear contacts to surgery. If you do wear glasses, bring your eyeglass case.
- ◆ DO wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best clothing to wear is a button-up top and pull-on pants. You will want easy-to-slip-on flat shoes. You may want to bring a large scarf to cover your head.
- ◆ DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.
- ◆ You must have an adult drive for you to and from surgery. Please note that a cab or bus driver will not be allowed to take you home after surgery. On arrival, be sure we know your driver's name, phone number, and how we will be able to reach them.