

GUELPH | FACIAL PLASTICS

- Preparing for Surgery - General Anesthetic -

Shopping list:

- Hydrogen peroxide
- Q-tips
- Polysporin ointment (make sure it's ointment, not cream)
- Vaseline or Aquaphor
- Ice packs
- Extra strength Tylenol or Advil
- Graval
- Pick up medicine from your pharmacy prescribed by Dr. Brace
- Arnica tablets
- Pineapple or bromelain tablets
- If you're having surgery around your eyes, liquid tears eye drops
- If you're having a rhinoplasty, please see your specific shopping list

3 weeks before surgery:

Tests

- Complete ECG
- Complete bloodwork
- Only to be done if Brittany has told you this is required
- Complete the patient health questionnaire and submit to Brittany

1 week before surgery:

Medication

- **Stop blood thinners 7 days prior to surgery**, unless directed otherwise from Dr. Brace
- Do not resume blood thinners or take Aspirin for 7 days after surgery
- Your prescriptions should be ready to pick up about a week before surgery

Optional Hygiene

- **If your incisions will be around your hairline** and you dye your hair, please schedule to have your hair colored a week before surgery. This will allow time for your skin to settle if irritated after coloring or bleaching. You will want to schedule your next hair appointment

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for after your one month follow up. This will give your incisions time to heal before being exposed to harsh chemicals

- **If you are having surgery around your eyes**, you may wish to have your eyebrows and eyelashes groomed a week before surgery. This allows time for any skin irritation to settle and will prevent you from requiring upkeep during your healing process. Some patients have enjoyed having their eyelashes tinted before upper eyelid surgery, as you won't want to have makeup around your incisions while healing

5 Days Before Surgery

- All blood thinners are stopped, unless directed otherwise by Dr. Brace
- Do not take Aspirin, use Tylenol or Ibuprofen if you need pain relief
- **Stop all vitamin supplements** especially fish oil, garlic, ginger, ginseng, due to bleeding risk
- Start eating fresh pineapple or taking bromelain tablets, this will reduce swelling and bruising

Days Before Surgery

Mandatory Hygiene

- Close to your surgery date, you must remove nail polish and nail enhancements. To monitor your oxygen, at least one nail must be natural
- Remove all jewelry and body piercings

At Home

- Have your ice packs in the freezer
- Have some light meals such as soup around for after surgery, sometimes people experience nausea after general anesthetic
- Plan your route to Clinic 360 with your caregiver/driver
- Take Arnica the day before surgery or as directed