



## **PRE-OPERATIVE INFORMATION FOR PATIENTS**

**About five business days prior to your surgery, one of the nurses from the Surgical Arts Center will be calling you to go over your arrival time, post-operative instructions, expectations for the day, and any last-minute questions you have.**

### **Before Surgery Reminders:**

- You must pay your anesthesia & facility fees by the due date on the Cosmetic Payment Form. Please see this form for payment instructions. These fees are separate from your surgeon fees.
- You must schedule an appointment with your primary care physician to clear you for surgery. Your surgeon will order the necessary pre-operative testing. This must be completed and sent back to your surgeon's office.
- Discontinue medications containing aspirin, ibuprofen, naproxen, blood-thinners, fish oil/omegas, and all herbal supplements at least 1-2 weeks prior to surgery. These medications can prolong bleeding. Tylenol is safe to take just before and after surgery if needed, because it is not blood-thinning. IF you are prescribed a blood-thinner under a physician's care, please contact the physician to ask about medication guidelines.
- Weight loss medications must be stopped two weeks prior to surgery.

### **The Day of Surgery:**

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. This includes water, mints, gum, etc.
- Prep your body by washing it with an antiseptic skin cleanser (i.e. Hibiclens). You can purchase at any drugstore.
- Necessary medications may be taken with a small sip of water the morning of surgery.
- You must bring your photo ID (if you have not already provided this) with you to the day of surgery.
- Leave ALL valuables at home. This includes ALL jewelry. Body piercings will need to be removed as well.
- You may wear glasses, but do not wear contacts.
- Wear comfortable, loose-fitting clothing. We will ask you to change into a clean gown and socks prior to surgery that we provide.

- Avoid going to surgery with moisturizers, make-up, perfume, cologne, etc.
- Avoid/remove acrylic nails. Nail polish is fine as long as no blue or red colors.
- For female patients, please be prepared to provide a urine sample for pregnancy testing if you had a period within the last year.
- Please bring any necessary medication with you if directed by your surgeon.
- Make sure you have a responsible adult to drive you to and from surgery. Uber, Lyft, taxi services are prohibited. You are NOT allowed to drive yourself home. Most patients ask their family member or friend. The responsible adult cannot “drop off” and leave. We need to verify their information prior to surgery.
- After checking in, the responsible adult can stay in our waiting area (we have light refreshments, TV, and Wi-Fi are available) OR they can leave the Surgical Arts Center (go to work, home, etc.) while you are in surgery. We will contact them with updates as the surgery comes to an end.

#### **After Surgery:**

- You will be moved from the operating room into our post-anesthesia care unit (recovery unit) where you will be closely monitored by our nurses until you are ready to go home.
- Only one visitor at a time is allowed back in the recovery room with the patient.
- On average, our patients take anywhere between 30 minutes and 2 hours to wake up fully from anesthesia. Most patients take about an hour to recover.
- Your nurse will go over all discharge instructions with the responsible adult that is picking you up from surgery. The responsible adult must sign these instructions before you leave the facility.
- You will be escorted out of our facility in a wheelchair where the responsible adult will be waiting with the car.
- At home, please contact your physician’s office directly if you have any questions or concerns about your care. The Surgical Arts Center cannot answer these questions.