



C O U R T N E Y
P L A S T I C S U R G E R Y

PRE-OPERATIVE GENERAL INSTRUCTIONS

The following instructions should be followed closely except when overruled by specific procedural instructions.

2 WEEKS BEFORE SURGERY

- Discontinue all blood thinners, herbal supplements, allergy medications, diet pills, vitamin E or fish oils. Do not take any Advil, Aspirin, Aleve, Ibuprofen, or Motrin etc. You may take Tylenol. You must also stop energy drinks, pre workouts, and all workout supplements. If you are on regular medications, please clear these with the nursing staff or your physician.
- Start your Vitamedica vitamins as instructed.
- Please report any signs of a cold, flu like symptoms, infection, boils, or pustules appearing before surgery.
- No restrictions on diet, however, we do encourage that you increase your protein intake. This helps prepare you for surgery and aids in a speedy recovery. The healthier you are the quicker you will recover.

1 WEEK BEFORE SURGERY

- No alcohol. After surgery, no drinking alcohol while taking pain or anxiety medications and we encourage you to wait at least three weeks.
- Arrange for a responsible friend or family member to accompany you to and from the surgery center. We will not allow a cab or car service to take you home unless you are with a responsible adult. It is also required for someone to be with you for 48hrs after surgery.
- Have all your prescriptions filled.

NIGHT BEFORE AND MORNING OF SURGERY

- Do not eat or drink anything after midnight the night before your surgery.
- Shower using Hibiclens the night before and the morning of your surgery. Follow your normal routine in the shower and rinse with Hibiclens.
- Do not wear make-up or jewelry. Remove all piercings. No lotions, body oils, or deodorants. No dark nail polishes, gel, shellac, dip, or acrylic nails.
- You may brush your teeth the morning of surgery. Rinse and spit and do not swallow any water.
- Do not wear contacts to surgery. If you do wear glasses bring your eyeglass case.
- Dress comfortably. Wear a top that opens and closes in the front and loose fitting pants. Easy shoes to slip on.
- Bring your pre-op bag with garments if given to you at pre-op.

Disclaimer: Any pre-operative instructions supplied by the hospital or anesthesia team supersede the above instructions. Feel free to call our office with any questions.

Office line: (713) 522-4411 Medical line: (713) 855-5404