

Sanctuary Plastic Surgery

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PREOPERATIVE & POSTOPERATIVE INSTRUCTIONS For all Procedures

Two Weeks Prior to Surgery and Two Weeks Following Surgery

- **DO NOT TAKE**-Vitamin E, Fish Oils, Aspirin, or Ibuprofen products
- Tylenol (acetaminophen) is allowed pre-op and post op for pain and /or fever.
- Take 2000-3000 mg. of Vitamin C daily. We also suggest that you take Arnica Montana pellets which will help with swelling and bruising that occurs with any kind of surgery. Follow directions on bottle.
- **NO SMOKING OF NICOTINE PRODUCTS AFROM AT LEAST FOUR WEEKS** Before and after Facelift surgery, breast surgery (lifts, reductions) and Abdominoplasty. If you smoke or use any nicotine products, please be aware that smoking increases the chances for poor wound healing.
- **PLEASE DO NOT APPLY ICE TO ANY SURGICAL INCISION. THIS ALSO MEANS NO ICE ON LASERED SKIN.....EVER.....**

Night Before Surgery

- **NO ALCOHOL**
- Wash face and body using an antibacterial soap such as Dial or Hibiclens.
- If you are having an Abdominoplasty or Liposuction, please shave the pubic area- No self- tanner 2 weeks prior to surgery.
- Do not apply body lotion, deodorant, or anything after your shower or bath.
- Take pre-op medications as instructed. (Valtrex if having a Facial laser)
- Do not eat or drink anything after midnight. Unless Dr. Kushner (your M.D. Anesthesiologist) has instructed you to do so.
- Expect a phone call from Dr. Kushner the day or night before surgery. He will review your medical history and answer any questions you may have.
- Do not take antibiotics like Keflex (CEPHALEXIN) before surgery unless specifically told to do so.

DAY OF SURGERY/NIGHT OF SURGERY

- Take your Zofran (Ondansetron) as directed on your way to the office.
- Remove contact lenses. (You can bring your glasses if need be.)
- No make-up or underarm deodorant or perfume
- Wear loose, comfortable, **BUTTON-DOWN-THE FRONT** clothing, nothing tight and flat shoes.
- Tonight, you will start the Antibiotics such as Keflex (CEPHALEXIN) make sure you continue till complete.
- Make arrangements for someone to pick you up and remain with you at least 24 hours following the surgery.