

## 1 MONTH AHEAD OF TIME

1. Supplements (Vitamin C, Probiotic)
2. Get house ready
3. Make sure you sent all information to Eva
4. Completed questionnaire
5. Go shopping on Eva's Amazon storefront for pre-post items
6. Pre-op with caregiver and patient (*optional*)

## 1 WEEK BEFORE SURGERY

1. Pre-op in office
2. Pick up Medications
3. Finalize logistics to and from the OR
4. Finalize preparing the home
5. Prepare dinners for the week
6. Arnica Forte (or Bromeline) to boost recovery process prior to surgery
7. Stop all alcohol, ibuprofen, aspirin, vitamin E, birth control, hormone therapy

## DAY/NIGHT BEFORE SURGERY

1. Prepare medications in pill box
2. Cleanse with pre-operative wipe (*rinse*)
3. Take Melatonin before bed (*Optional*)
4. Put Clearfast beverage in refrigerator
5. Prepare high reaching items down to the counter
6. Have after hours number prepared
7. Prepare surgery outfit
8. Wash hair
9. Take stool softener
10. Eat very light meal (*Detox*)

## DAY OF SURGERY

1. Drink your Clearfast beverage 2 hours prior to surgery
2. Have a shower and wipe with preoperative wipe (*DON'T RINSE*)
3. Get dressed into loose fitting clothing (*zip up or robe NO BRA*)
4. Take off all earrings, wedding rings, jewelry
5. Prepare post op recovery area for return from surgery center
6. Bring your Fragmin (*If applicable*)
7. Don't be nervous!



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