

PREPARING FOR SURGERY

STARTING NOW

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing, resulting in higher risk of complications. You must stop at least 6 weeks before surgery and 6 weeks after surgery.
- **TAKE MULTIVITAMINS WITH MINERALS:** Start taking 1 multivitamin with minerals daily to improve your general health once you have scheduled your surgery and for 6 weeks after surgery.
- **TAKE VITAMIN C:** Start taking 500 mg of Vitamin C twice daily to promote healing.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen at least 2 weeks prior to surgery and for 4 weeks after surgery. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- **STOP TAKING ALL FEMALE HORMONES (INCLUDING BIRTH CONTROL):** You must stop taking all female hormones (including Birth Control) for at least 2 weeks before surgery and for 6 weeks after surgery.
- **LIMIT VITAMIN E:** Limit your intake of Vitamin E to less than 400 mg per day.
- **Stop taking all HERBS AND DIET PILLS** and all other over the counter nonprescription drugs at two weeks prior to surgery. These can affect wound healing and/or cause bleeding.
- **BRING ALL YOUR MEDICATION WITH YOU** You will be given prescriptions for medications. Please have them filled BEFORE the day of surgery and bring them with you.

THE DAY BEFORE SURGERY

- **CONFIRM SURGERY TIME:** We will call you to confirm the time of your surgery. If you are not going to be at home or at your office, please call us to confirm at (361) 881-9999.
- **BRING ALL MEDICATION WITH YOU** Make sure that you have filled the prescriptions you were given and set the medications out to bring with you tomorrow.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas with Dial soap.
- **NOTHING TO EAT OR DRINK AFTER 12:00 MIDNIGHT** Do not eat or drink anything after 12:00 midnight. This includes water. Do not have breakfast the morning of surgery. Your stomach needs to be empty.

THE MORNING OF SURGERY

- **SPECIAL INFORMATION:** Do not eat or drink anything! **NO BREAKFAST; NO COFFEE.** If you take a daily medication, you may take it with a sip of water in the early morning. We will need to have a urine sample when you arrive at the office. Try not to empty your bladder so that we can have that sample from you as soon as you arrive.

Scheduled on TBA

- ORAL HYGIENE: You may brush your teeth but DO NOT SWALLOW WATER.
- CLEANSING: Shower and wash the surgical areas again with Dial soap.
- MAKE-UP: Please do not wear moisturizers, creams, lotions, or makeup.
- CLOTHING: Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.
- DO NOT TAKE THE ZOFRAN (RX) UNTIL you have arrived at the office and you have been advised to do so.
- CHECK IN/PREPARATION: Surgery Time:

Report to A Better You Cosmetic Surgery Center on with your prescribed medications. If you are the first case of the day (8:00a.m.), you should plan to arrive at 7:45a.m. For those of you to follow at a different time, please contact the office for further instructions on what time to arrive at our office. If you have not been told a specific time, please be here one hour prior to your surgery time. Patients less than 18 years old must be accompanied by a parent or legal guardian.

- Someone must be with you and must stay at our center the entire time during your surgery. Someone must also stay with you to assist you during your first 24 hours postoperative.

