

## Preoperative Care Instructions (Do's and Don'ts)

Be at this office at \_\_\_\_\_ on \_\_\_\_\_ for surgery.

- Please advise your physician of any diseases or conditions which you are being treated for.
- Notify your physician of **ANY** medications or nutritional supplements you are currently taking. This is especially important because some medications and supplements can cause an adverse reaction with anesthesia.
- DO NOT** take aspirin, aspirin containing medications, Vitamin E, fish oil, hormone replacements, ibuprofen containing products (Advil, Aleve, Motrin), amphetamines, illicit drugs, 10 days prior to surgery (You **MAY** take Tylenol, if needed, for pain before surgery).
- DO NOT** smoke 4 weeks prior to surgery, and 4 weeks after surgery. This includes vaping and "passive smoking." Smoking impairs the healing process and potential complications may arise (e.g., skin/hair loss, scarring, hematoma).
- DO NOT EAT OR DRINK ANYTHING 8 HOURS BEFORE SURGERY (THIS INCLUDES WATER). \_\_\_\_\_ CUTOFF**
- DO NOT** wear contact lenses or jewelry to surgery.
- DO NOT** wear makeup.
- You may brush your teeth, but **DO NOT** swallow the water. **DO NOT** chew gum or suck on hard candy.
- Shower and shampoo your hair on the evening or morning prior to surgery.
  - DO NOT** use hairspray or hair gel.
  - DO NOT** use any facial products or body moisturizers. Deodorant is permitted in some cases.
- DO NOT** wear clothing that pulls over the head. Wear loose, comfortable clothing which buttons or zips up the front. Preferably an oversized jogging suit that opens in the front (no tight jeans). Shoes should be flat and easy to slip on.
- If your surgery requires you to be at an aftercare facility, please bring your medications and overnight bag with you to surgery.
- Payment for the operating room and anesthesia are due on the day of the procedure (payment is based on the amount of time in surgery). The Neo Surgery Center and Anesthesiologist accepts forms of payments by credit cards, and/or cash.
- It will be necessary to sleep on your back following your surgery. You will need to prop yourself up at a 30-degree angle. **DO NOT** lie flat.

### AFTER SURGERY:

- DO NOT** participate in any strenuous activities.
- Take short walks after surgery to increase your circulation and help prevent blood clots.
  - DO NOT** over do the walks.
  - You are **NOT** cleared for exercise.
  - Patients who exercise too early after surgery often develop complications or poor wound healing.