

PLASTIC SURGERY PREOPERATIVE INSTRUCTIONS

THE ASC WILL CALL YOU THE DAY BEFORE YOUR SURGERY WITH YOUR REPORT TIME. IF YOU DO NOT HEAR FROM THEM BY 4PM THE DAY BEFORE, PLEASE CALL (253) 733-7048 TO RECEIVE YOUR REPORT TIME.

OUTPATIENT SURGERY: You **MUST** arrange for a responsible adult escort to drive you home and stay with you 24 hours after surgery.

DO NOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY

* 7 days prior to your surgery stop taking Aleve, Naproxen, Motrin, Ibuprofen, Excedrin, Mobic, Meloxicam, Indocin, Diclofenac, High dose Aspirin, all vitamins, supplements, energy drinks, herbs and green tea. **Can resume all medications 48 hours post op unless otherwise directed by Dr. Patel.**

- Please bring your driver's license and insurance card the day of surgery.
- Tylenol/ Acetaminophen can be taken preoperatively for pain.
- Please discontinue all aspirin unless your surgeon has told you otherwise.
- Medications for high blood pressure may be taken with a sip of water at least 2 hours before surgery.
- **Do not eat or drink after midnight. This includes gum, breath mints and candy. Small sips of water can take medications 2 hours prior to surgery.**
- Do not smoke or use smokeless tobacco.
- **The evening before surgery: Remove all nail polish from fingers. Do not shave any part of your body. Take a shower using your own soap and shampoo. Brush teeth.**
- Do not wear makeup.
- **Remove contact lenses, all jewelry, and any body piercings.**
- Do not bring any valuables with you the day of surgery.
- Wear loose fitting comfortable clothing. **No Flip Flops.**
- Do not do strenuous exercise other than stretching the morning of your surgery.
- **If you become ill, have a fever or need to cancel your surgery please call Dr. Patel 253-733-7048**
- Medications prescribed for you by your surgeon when you are discharged will be given to you at your preoperative visit.
- **Females only:** A pregnancy test may be required the morning of surgery.