

RESIDENT COSMETIC SURGERY CLINIC
Division of Plastic and Reconstructive Surgery
314-362-4452
Preoperative Instructions for Surgery

Patient Name: _____

Surgery Date: _____

Surgeon: _____

1. Rules to follow 7-14 days **BEFORE** the day of surgery:

- Discontinue all aspirin and aspirin-containing medicines, NSAID's (nonsteroid anti-inflammatory drugs like Advil or ibuprofen), antihistamines, St. John's Wort, Ginkobas, Vitamin E supplements and cough syrups. If you take a "blood thinner", contact your medical doctor and your plastic surgeon for instructions. Take Tylenol for pain, if necessary.
- If you develop a cold or fever 24-48 hours before surgery, please phone your surgeon and report this.
- All patients are required to arrive at least two hours before surgery.

2. Rules to follow **THE DAY OF SURGERY**:

- **Do NOT eat or drink anything after midnight**, this includes water, coffee, gum, mints, and hard candy, unless instructed otherwise during the phone call with the outpatient nurses. If you are a diabetic, you may need special instructions.
- Bring a list of your medications or the bottles of medications themselves with you to the hospital.
- You may take heart medicines or blood pressure medicines (no diuretics or water pills) in the early morning with a **sip** of water unless directed otherwise by the hospital staff.
- Remove all make-up, nail polish, and jewelry. Bring a case for your glasses (if you have one) or contact lenses. If you wear dentures, please also bring a container for them if you have one. Contact lenses or dentures may be worn if you are having a straight local anesthetic.
- Leave all valuables at home.
- Recommended clothing: Wear loose flat shoes, comfortable clothing (loose pants or skirt and loose comfortable button-front shirt) that can be easily removed and will fit loosely over a dressing on the operative site.
- Lab work must be obtained seven (30) days prior to your surgery date.
- A responsible adult **MUST** drive you home and is recommended to stay with you for the remainder of the day until you are discharged. If you are having a straight local anesthetic, you will be allowed to leave on your own accord unless the type of surgery you are having prohibits you from driving.