

## **PREOPERATIVE INSTRUCTIONS FOR IN-OFFICE SURGERY**

Using caution and following these instructions will speed the healing process and prevent infection.  
If you have any questions, please do not hesitate to contact our office at the above number.

### **TWO WEEKS BEFORE SURGERY...**

All fees for surgery are due at this time.

**DO NOT** take aspirin or aspirin-containing Compounds (See list of medications containing aspirin). Discontinue use until two weeks after surgery also. Tylenol is an acceptable analgesic for headaches, etc.

**DO NOT** smoke for two weeks prior to and two weeks after surgery.

Maintain a well-balanced diet before your procedure. Good nutrition is important.

### **ONE WEEK BEFORE SURGERY...**

Confirm your surgery with our office.

Arrange for transportation for the day of surgery.

Arrange for an adult family member or friend to stay with you during the first 24 hours following surgery.

### **24 HOURS BEFORE SURGERY...**

Relax and eat well.

Shower and shampoo your hair thoroughly. Do not use styling products.

**DO NOT** drink any alcohol or caffeinated beverages.

**DO NOT** take any medications unless cleared by this office.

### **THE DAY OF SURGERY...**

Please arrive on time to our office.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Be sure that the receptionist or back office personnel has your correct telephone number and the telephone number of the person taking you home.

Nothing to eat or drink eight hours prior to your surgery time. This includes hard candy, gum, and water. You may brush your teeth and rinse your mouth. If cleared by the physician, take your daily medications for a heart condition or blood pressure with a sip of water the morning of surgery.

For facial surgery, wash your face and do not wear any make-up.

Please wear loose, comfortable clothing. A front button shirt is best.

Leave all valuables at home, including jewelry and handbags- we cannot be responsible for these items.

You will not be allowed to drive yourself home. Please have transportation pre-arranged.