

# PRE-OPERATIVE GUIDELINES FOR PLASTIC SURGERY

These are our general pre-operative guidelines. Dr. Widmyer and her staff will go over your specific instructions with you and send you home with a copy during your pre-operative visit, but here is a basic idea of what to expect prior to your surgery date.

## **Six Weeks Prior to Surgery:**

**STOP SMOKING.** We ask that you discontinue use of ALL nicotine products including patches, gums, and vapor pens for at least one (1) month PRIOR to surgery. Nicotine and other chemicals complicate healing.

## **Two Weeks Prior to Surgery:**

Discontinue medications containing aspirin, ibuprofen, or any blood-thinners.

Discontinue use of vitamin E, herbal supplements and/or diet pills of any kind.

Limit or eliminate caffeine intake.

## **One Week Before Surgery:**

Abstain from alcohol and drug use.

Check with the doctor before taking any cold medicine.

Report any signs of cold or infection to the doctor.

## **Night Before and Morning of Surgery:**

Shower thoroughly with anti-bacterial soap the night before and morning of your surgery. Also, wash your hair the morning of surgery. Do not shave the surgical sites.

Dress comfortably in loose-fitting clothes and slip-on shoes.

Do not wear any jewelry or bring valuables with you the morning of surgery.

Do not eat or drink anything after midnight the night before your surgery.

Do not apply any products to your skin or in your hair the morning of.

The morning of surgery, brush your teeth without swallowing any water.

Do not wear contact lenses the morning of surgery.

## **PREPARING FOR SURGERY: A SHOPPING LIST**

Preparing for plastic surgery is an important aspect of the healing process. In addition to providing detailed pre-op instructions, we also provide patients with some advice regarding groceries and shopping lists for recovery.

### **Pain Medication and Filling Prescriptions:**

Before undergoing plastic surgery, you will likely be prescribed pain medication of some kind. We recommend filling these prescriptions ahead of time. It's also important that you pick up some recommended over-the-counter pain relievers to use once the pain of the first few days of recovery subsides. Always use these pain relievers as directed, never exceeding dosages as noted by the instructions. You may not drive or drink alcohol while taking pain medication.

### **Garments for Surgical Recovery:**

Many times, patients will be told to purchase a compression garment to help with surgical recovery. These undergarments are made from breathable materials that help brace around the surgical site. They offer comfort and support while you are healing and can make the recovery process easier on you. In addition to compression garments, patients should consider purchasing some loose-fitting clothing to wear as they heal if they do not have any such clothes already.

### **Food Items for the Healing Process:**

While you're recovering from surgery, it's a good idea to have generally healthy foods on hand that are easy to prepare and simple to eat. We recommend picking up the following groceries for the first couple of days of healing:

- Yogurt
- Saltines
- Oatmeal
- Fresh fruits and vegetables
- Cottage cheese
- Applesauce
- Prepared pudding and gelatin cups
- Popsicles
- Low-sodium soups
- Whole Grains
- Lean meats
- Fish

Save a big, indulgent meal as a treat for making full recovery.

## **MEDICATIONS TO AVOID:**

The medications listed below (and potentially many others) may influence your blood's ability to coagulate. Please review all medications, both over-the-counter and prescription drugs, with Dr. Widmyer. In many cases, your medication will have no effect on your surgery, and you be counseled to continue with your medication as usual, but Dr. Widmyer must be aware of what you are taking, and all prescriptions should be documented in your medical record. In no case should you medicate yourself with any drugs (even if they are not listed here) without the knowledge of your primary care physician and your surgeon.

- Aspirin (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin)
- Choline and magnesium salicylates (CMT, Tricosal, Trilisate)
- Choline salicylate (Arthropan)
- Celecoxib (Celebrex)
- Diclofenac potassium (Cataflam)
- Diclofenac sodium (Voltaren, Voltaren XR)
- Diclofenac sodium with misoprostol (Arthrotec)
- Diflunisal (Dolobid)
- Etodolac (Lodine, Lodine XL)
- Fenoprofen calcium (Nalfon)
- Flurbiprofen (Ansaid)
- Ibuprofen (Advil, Motrin, Motrin IB, Nuprin)
- Indomethacin (Indocin, Indocin SR)
- Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)
- Magnesium salicylate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)
- Meclofenamate sodium (Meclomen)
- Mefenamic acid (Ponstel)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Naprosyn, Naprelan)
- Naproxen sodium (Aleve, Anaprox)
- Oxaprozin (Daypro)

- Piroxicam (Feldene)
- Rofecoxib (Vioxx)
- Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab)
- Sodium salicylate (various generics)
- Sulindac (Clinoril)
- Tolmetin sodium (Tolectin)
- Valdecoxib (Bextra)

### **CONTACT LAKEWOOD RANCH PLASTIC SURGERY**

For more information about preparing for cosmetic surgery and making sure you recover quickly and fully, we encourage you to contact the team at Lakewood Ranch Plastic Surgery. We're here to offer assistance and insight into all phases of the surgical treatment process.