

Cosmetic Surgery

The following are general instructions for patients undergoing cosmetic surgery.

You may also find specific instructions below depending upon which procedure you are having.

1. **Medications to Avoid** Avoid aspirin for two weeks prior to surgery and one week after surgery, unless otherwise instructed. Be aware that there are several medications (e.g., Excedrin) that contain aspirin. You may take Tylenol. In addition, it is best to avoid anti-inflammatory medications such as Advil, if possible. Please inform the doctor if you are taking such medications.
2. **Eating** Do not eat or drink anything after midnight on the day of the surgical procedure. You may, however, brush your teeth. If you take medications on a daily basis, please ask the doctor specifically whether you should take these medications on the morning of surgery with a small amount of water.
3. **Hygiene** Take a shower and wash your hair on the morning of the surgical procedure. Come to the hospital or surgical facility without any make-up on or near the surgical site.
4. **Sun Exposure and Skin Care** Avoid heavy sun exposure for two weeks prior to surgery on the face. Wear a sun block with a SPF-20 or greater. Retin-A should be discontinued one week prior to surgery.
5. **Pre-Op Illness** Call the office if you develop any signs of illness within the week prior to surgery. Particularly, inform the office if you develop a “cold sore” around the mouth during that period.
6. **Escort and Sedation** If the doctor has prescribed sedation prior to your coming to the hospital, arrange for an escort to accompany you. All patients must have an escort when leaving the hospital or surgical facility on the day of the procedure.
7. Wear comfortable, loose fitting clothing. Avoid clothing that must be pulled over your head. Do not wear jewelry.
8. **Postop Medication** The doctor will prescribe antibiotics an/or pain medications if he feels you require it.
9. **Follow-up Appointment** Call the office on the day following surgery in order to arrange post-operative appointments for suture removal if you have not arranged the follow-up appointment in advance.
10. **Exercise** Speak to the doctor especially about when you may resume exercise.