

## **MAXILLOFACIAL, COSMETIC AND RECONSTRUCTIVE SURGERY**

### **PRE-OP INSTRUCTIONS**

YOUR SURGERY IS SCHEDULED FOR: \_\_\_\_\_ --

#### **PRIOR TO THE DAY OF SURGERY**

- Please notify our office for appropriate instructions if you develop an infection, cold, flu, fever blisters, or sore throat. Inform us as soon as possible in case we need to postpone your surgery.
- If you smoke, you should stop at least 2 weeks prior and 2 weeks after any facial cosmetic surgery. Nicotine affects skin circulation and can prolong healing or cause complications due to lack of circulation.
- **DO NOT TAKE ASPIRIN**, medication containing aspirin, or aspirin-related products (Motrin, Indocin, Nuprin) for 2 weeks before surgery. Tylenol is OK.
- **DO NOT** attempt to lose weight before surgery. Eat a balanced diet as nutrition is important in healing.
- We recommend that you take a daily **MULTI-VITAMIN** (such as One-a-Day with Iron or Theragram) which contains **IRON** and **ZINC** for 2 weeks before surgery.
- Wash your  face,  hair,  surgical sites with surgical soap beginning 2-3 days prior to and on the morning of surgery. Reduction of skin bacteria will decrease the risk of infection.
- Please purchase the following recommended items (most can be purchased at HEB or any Pharmacy:

- Techni-Care® or Hibiclens Surgical soap
- Moist Heat Heating Pad (not microwave pad)
- Prescription Medications                       Elastic Liposuction Garment
- Afrin Nasal Spray                                       Bacitracin® Antibiotic Ointment
- Ice Bags     4 X 4 inch Gauze and 1/2 inch Tape

#### **GENERAL ANESTHESIA OR IV SEDATION**

- **DO NOT HAVE ANYTHING TO EAT OR DRINK** (including water) after midnight the night before surgery. You may take necessary medication (high blood pressure, heart, or thyroid pills, etc.) with small sips of water. **NO ALCOHOL THE DAY BEFORE OR AFTER SURGERY.**

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

- Remove all make-up and wash the area of surgery thoroughly with surgical soap the morning of surgery.
- Please arrive at least **15 MINUTES BEFORE** your surgery time so that we may begin on time. Do not wear jewelry or watches.
- Please wear a button-up short sleeve shirt, loose clothing, and slip-on shoes.
- Arrange for someone to accompany you to our office and remain there until your surgery is over. We will need to review the post-op instructions with them as they will have to take care of you the first day. Someone should remain with you during the first 24 hours to assist you with suture care, ice application, and bathroom needs.