



KAISER COSMETIC SERVICES
2288 Auburn Blvd., Suite 205
Sacramento, CA 95821
Tel (916) 973-6100

Date: _____

Dear: _____

The following summarizes the appointments and studies that are required for your surgery. Please complete the attached questionnaire and bring it to your pre-operative appointments.

It's very important that you do not take any prescribed or over the counter anti-inflammatory medications for a period of 2 weeks prior to surgery, unless instructed by your surgeon. Otherwise, your surgery may be cancelled. Examples of these medications include Aspirin, Advil, Aleve, Ascriptin, Bayer, Bufferin, Celebrex, Clinoril, Disalcid, Dolobid, Easprin, Ecotrin, Excedrin, Feldene, Indocin, Meclomen, Motrin, Nalfon, Naprosyn, Orudis, Relafen, Soma, Tolectin, Trilisate, and Voltaren.

Common Herbals and supplements that may increase bleeding:

- **Ginko Biloba** can raise the risk of bleeding. It should be discontinued at least 24 hours before surgery.
- **Garlic** also prevents clotting and should be halted at least 36 hours before surgery.
- **Ginseng** can increase bleeding and exacerbate low blood sugar and should be discontinued at least seven days before surgery.
- **St. John's Wort** can speed up metabolism and interfere with other medications and should be stopped at least five days before surgery.
- **Ephedra** can cause irregular heartbeat and should be discontinued at least 24 hours before surgery.
- **Kava** can exaggerate the impact of anesthetics and should be stopped at least 24 hours before surgery.
- **Valerian** also can increase the sedative effect of anesthetics but no data is available on when to halt use.
- **Echinacea** poses a risk of poor wound healing and infection but no data is available on when to discontinue use.
- **Others:** Vit E, Papain, Omega-3-fattyacids(EPA and DHA), Horsechestnut, Bromolain, Feverfew, Flaxseed and Licorice.

If you develop symptoms of a COLD or UPPER RESPIRATORY INFECTION prior to surgery, or you need to CANCEL your surgery, please notify our office immediately. Usually, with sufficient notice we can offer surgery to other patients that are waiting. Please note that on rare occasions, emergency surgery cases may postpone your surgery.

If you have any additional questions, please contact our office at **(916) 973-6100**.

Sincerely,

Patty Khorshidian, R.N. Team Manager