

BEFORE THE SURGERY: General Preoperative Instructions for ALL Patients

1. Maintain a normal diet in the weeks preceding your operation.
2. Do not take aspirin, aspirin-containing products, Ibuprofen (Motrin, Advil), or Vitamin E for 10 days before or after surgery because these can cause bleeding.
3. Make sure you are not taking any over-the-counter medications, herbs, supplements, or vitamins that may cause excessive bleeding.
4. Avoid smoking and second-hand smoke for 2 weeks before or after surgery. Smoking could increase your risk of complications, such as infection and prolonged swelling.
5. You may be required to return for a preoperative evaluation where you will receive necessary paperwork outlining the details of the day of the surgery, have more photographs taken, and sign consent forms and obtain lab slips. If medically necessary, you will also undergo a preoperative physical from your primary physician the week preceding surgery.

THE NIGHT BEFORE YOUR SURGERY

1. *It is absolutely essential that no food or drink be taken after midnight the evening prior to surgery!*
2. The evening before surgery, the face should be thoroughly scrubbed with antibacterial soap and all makeup removed. Cosmetics and artificial lashes should never accompany the patient to surgery.

THE MORNING OF YOUR SURGERY

1. You may take your medications with a sip of water in the morning of surgery.
2. If you take medications for high blood pressure, please be sure to take those pills on the morning of surgery.
3. Wear comfortable and loose fitting clothes on the day of surgery that do not need to be pulled over your head.