



## Surgery Day Instructions & Suggestions Example

- **ARRIVE ON TIME.** You should have the arrival time in your information packet or at least confirm the night before and make the proper notation.
- **ARRIVE CLEAN.** Freshly-showered with your instructed soap, with clean DRY hair. Do NOT apply lotions, deodorant, perfumes, cosmetics, or other products unless specifically instructed.
- Wear comfortable, easily-accessible, loose-fitting clothing with a top that snaps or buttons in the front. Wear slippers or shoes that can be easily removed.
- **DO NOT** eat or drink anything after midnight on the evening prior to your surgery. Unless your surgery is an evening surgery, which you should then abide by your surgeon or anesthesiologist's instructions.
- **DO NOT** bring rings, watches, or other jewelry or large sums of money to the surgery center or hospital; leave these items safely at home. If they become "lost", the hospital or surgeon is not responsible.
- \_\_\_ Take Vitamin C capsules or tablets for approximately 3 to 4 weeks prior to surgery but ONLY if your surgeon instructs. This is thought to promote good healing and strengthen your immune system. You usually may continue to take vitamin C after surgery for a few weeks
- \_\_\_ Arnica Montana (only if instructed)
- \_\_\_ Bromelain (only if instructed)
- \_\_\_ Other Surgical Vitamins (only if instructed)
- \_\_\_ Take any medications you were instructed to take with only a few sips of water. Such medications may be Catapres (blood pressure), prednisone, anti-inflammatory, valium, antibiotics, blood thickeners, etc.
- Prior to surgery, should you develop any fever, chills or other signs of a cold or other infection, call your surgeon's office immediately. If you do not and *have* to cancel, you may lose your deposit as you should never be operated on with already stressed immune system.
- \_\_\_ Bring with you your instructed compression bras and surgery garments or bandages and any instructed medications.

## Prepare Your Vehicle For The Ride Home

- \_\_\_ Pillows to wedge around you for a more comfortable ride
- \_\_\_ A few cool bottles of water
- \_\_\_ A small bottle of Club Soda or Gingerale if you feel it may help alleviate nausea
- \_\_\_ A few packs of low sodium crackers which may help alleviate nausea
- \_\_\_ An empty, plastic coffee tub with a lid in the event that you vomit
- \_\_\_ Papertowels, Kleenex or hand towels

*The content of this file is for informational purposes only and is not intended as a substitute for professional medical advice. Always consult your own surgeon or other qualified healthcare provider should you have any questions regarding this information or a medical condition. Do not disregard the advice of your own surgeon as a result of reading any information found on our websites, including this document or any information you may read on our plastic surgery discussion forums.*