
Preoperative Instructions

1. A current health history and physical is required before your surgery (within 30 days). Have your doctor's office fax the results to (952) 927-5629.
2. Do not take any aspirin or ibuprofen (or any compound containing aspirin or ibuprofen) for **3 weeks**. Do not take any vitamin E, herbal supplements (including but not exclusive to: tea, Meridia, Bilberry, Cayenne, Echinacea, Garlic, Ginger Root, Gingko Biloba, St. John's Wart, Yohimbe, Turmeric) or dietary supplements **4 weeks** prior to and following your surgery (unless other time frame is specified by your plastic surgeon). Avoid red wine for **2 weeks** prior to surgery and all other alcohol for **1 week** prior to your surgery. Imitrex, Topamax, and Maxalt must be discontinued **24 hours** before your surgery and for one week after surgery. Phentermine (and other appetite suppressant products) must be discontinued for **2 weeks** before surgery. This is to prevent excess bleeding and increased bruising. Tylenol (acetaminophen) is okay to take. DO NOT SMOKE cigarettes or marijuana, use any products containing nicotine or be exposed to second hand smoke for **4 weeks** prior to surgery (unless other time frame is specified by your plastic surgeon).

Evening Before Surgery

1. Generally, a light meal early in the evening is advised. You may have a small meal up until **8 hours** prior to surgery. You may drink clear liquids (plain black coffee) and water up until **4 hours** prior to surgery. **Then nothing after 4 hours, this includes no gum, candy or throat lozenges.** Your physician may want you to take certain prescriptions such as: heart medication, seizure medication, blood pressure medication, asthma medication or prednisone. In this case, please take these medications with a small sip of water early in the morning. **Please call us if you are unsure about the medications you need to take or discontinue.**
2. Shower or bathe the morning of surgery. Please leave off all products including cosmetics, deodorant, body lotion, oils, and hair products.
3. Please wear or bring loose and comfortable clothing (i.e.: button down or zippered shirt, elastic top pants, slip on shoes). Leave your jewelry and valuables at home. All rings, earrings, necklaces, watches and body piercings need to be removed before your surgery. Contact lenses cannot be worn during surgery. You may want to bring your glasses to read and sign paperwork during check in. Contacts/glasses will be removed before surgery. Please bring a case to put them in.
4. If you have allergies or asthma and use an inhaler, please bring it with you the day of surgery.
5. If you use a CPAP please bring it with you the day of surgery.
6. Plan to arrive at the Surgery Center (Suite 300A, not 300) at least 1 ½ hours prior to your scheduled surgery time. A nurse will check you in. An anesthetist and your surgeon will speak to you during this time. Your surgery time may change depending upon the doctor's schedules.

Postoperative Instructions

1. **Arrange to have a responsible adult pick you up after surgery and stay with you for 24 hours (this is required).** Under no circumstances will you be allowed to drive following your procedure. Taxi cab or bus travel home is prohibited. If transportation or finding someone to help care for you is a problem, please call us. There are nursing services we can recommend.
2. All postoperative instructions and questions you have will be discussed before you are discharged from the surgery center. Because you have received anesthesia the person taking care of you needs to be present at this time.
3. For your convenience, a follow-up appointment with your surgeon will be scheduled for you generally in 1-2 days following your surgery.

If you have any questions regarding your instructions, have special needs, or require specific accommodations, please call Edina Plastic Surgery, Ltd.