



Pre-Operative Instructions

1. Nothing to eat after midnight the night before surgery. A light early dinner is preferred. Nothing to eat or drink after midnight. You may take a sip of water with your morning medications if cleared by Surgical Center.
2. Wash face and neck the morning of surgery.
3. Shampoo hair the morning of surgery.
4. Brush teeth and tongue the morning of surgery.
5. Men should shave the morning of surgery.
6. No make-up or moisturizer the morning of surgery.
7. No contact lenses, earrings, hair clips or nail polish the day of surgery.
8. No aspirin or aspirin-containing products, herbal remedies, Vitamin E or alcohol (including wine) for two weeks prior to surgery. (Tylenol is okay for mild pain)
9. Regular medications should be stopped the morning of surgery unless otherwise instructed.
10. Please be accompanied by an adult able to drive you after surgery. Your driver may leave during the surgery and return at a designated time or be available by telephone.
11. Wear comfortable loose clothing, preferably nothing that pulls over the head. A hat and sunglasses are appropriate.
12. A pillow and blanket may be helpful for your drive home following surgery.
13. An adult should stay with you for the first 24 hours after surgery.
14. You may begin with the (optional) vitamin/nutritional supplements suggested in the attached handout one week prior to surgery, which are available at most health food stores, pharmacies, or GNC stores. These medications/supplements may improve healing.
15. Other: _____