

Before your procedure

These are general guidelines; your doctor may have more specific instructions, as well.

- Ask the surgeon to explain the benefits, risks and expectations of the procedure.
- Discuss what type of anesthesia will be given and what recovery time is expected.
- Tell your doctor about any medicines (over-the-counter, prescription and supplements) you are currently taking, as well as any prior procedures, history of chronic illnesses or allergies you may have.
- Stop drinking and eating for the recommended time period before and after surgery.
- Stop smoking as instructed.
- Follow any specific preoperative bathing, shaving or cleaning instructions.
- Discuss any postoperative instructions that need to be followed. (For example, changing dressings, post-op medicines, follow-up appointments.)
- Do not wear makeup the day of surgery, including nail polish.
- Do not wear eye contacts the day of surgery.
- Leave valuables and jewelry at home.
- Advise the medical staff of dentures or other prosthetic devices you may be wearing.
- Arrange all insurance coverage before surgery, as many insurance carriers do not cover many types of plastic surgery procedures (particularly cosmetic procedures).
- Arrange a ride home after your procedure.

Post-operative care

- Resume taking your preoperative care medications, unless otherwise instructed by your surgeon or another physician.
- If you are on pain medications, it is suggested you use a stool softener like Colace.
- Remember caffeinated and alcoholic beverages are dehydrating.
- Unless otherwise instructed, walking is a good activity. Avoid lifting more than 20 pounds until you are seen for your first post-operative visit.
- Do not drive if you are taking narcotic pain medication
- You may shower and let water run over your incisions 48 hours after surgery. Avoid swimming, hot tubs or bathtubs until incisions are healed, typically two weeks.
- Avoid fatty or greasy foods