



Page 1 of 2

## Pre-Operative Instructions

### Dr. Joe Niamtu

1. Do not take aspirin or any drug that increases bleeding 2 (two) weeks before your surgery. If in doubt call our office. Also avoid herbal products such as Gingko, Garlic, or Ginseng. All of these products can be resumed 2 (two) weeks after surgery.
2. Do not eat or drink anything 8 (eight) hours before your surgery if you are having IV anesthesia.
3. If you take daily medications (example: heart, blood pressure, etc.) go ahead and take them as you usually do but only use small sips of water to swallow them.
4. The night before and the morning of your surgery wash your face, body, and hair with an antibacterial soap such as Dial Antibacterial or Lever 2000, etc. Baby shampoo can also be used.
5. Brush your teeth, scrape your tongue and use mouthwash.
6. DO NOT wear any skin products, moisturizers, makeup, lipstick, eyeliner, hair spray, nail polish or fragrances from neck up.
7. Patients with long hair should wear it back.
8. Remove ALL jewelry and leave it at home.
9. Wear "couch potato" clothing, sweats or PJ's and avoid from wearing pull over tops (button-up or zip-up shirt)
10. Wear shoes that are easy to remove and put on, and have a good sole.
11. You need to have someone to take you home after surgery, and to stay with you after surgery. The length of time you need a caretaker is very individual, but we recommend for at least the first 24-48 hours.
12. Remind your doctor and staff of any special concerns or conditions.

### Tips for a Healthy Recovery

The recovery period after surgery varies from person to person, and of course, depends on the procedure you're having and whether multiple procedures are being performed at the same time.

Regardless of the procedure there will be both physical and emotional issues to consider during recovery. It's important to remember not to rush the healing process. Here are some helpful hints for a healthy recovery.

1. Ice or cold compresses can be used for the first 72 hours for eyelid surgery and or laser resurfacing as it helps reduce swelling. Do not put bare ice on skin, always use paper towel or wash cloth to protect skin from freezing or burns. DO NOT put ice on facelift or browlift regions as it can constrict blood flow to the flaps.

2. Plan your recovery time smartly. Depending upon the surgery, recovery time could range from a few days to a few weeks. Keep this in mind as it affects your work, family, and social schedules after surgery.
3. Be realistic in your expectations. Let's face it, you're going to look worse before getting better. Just about all types of cosmetic surgery procedures involve bruising and swelling. Your real results won't reveal themselves for a few days (or longer) so don't panic! Let the natural healing process take place. If you suspect a problem see your surgeon.
4. Follow your surgeon's guidelines. Whether it's taking prescribed medication or when to resume regular exercise, or hygiene instructions, your surgeon can provide the best advice for a safe and healthy recovery.
5. Arrange for care for the initial 48-72 hours after surgery. Even though you may believe you can resume your normal routines, having someone there to assist you will bring peace of mind and allow the healing process to occur normally and with less disruption.
6. Rehydrate your body often. Surgery of any kind can reduce fluids in your body. Drinking water frequently will help replenish these lost body fluids. Also, eat lightly for the first few days and only food that is easy to swallow and digest.
7. If you've had surgery on your head or neck, keep them elevated for a few days. This will reduce swelling and speed the recovery process without compromising the results.
8. Avoid exposure to direct sunlight. Use sun-block with proper UV protection to protect your skin.
9. Don't take aspirin or anti-inflammatory medications. These might interfere with medications prescribed by your doctor. Be sure to check with your doctor about which over-the-counter and prescription medicines you should avoid during recovery.
10. After surgery you will have open wounds and it is important not to expose these areas to sources of infection. Please do not hug or sleep with pets, sit in hot tubs, swim in ponds or lakes or otherwise expose yourself to germs. Things that normally would not make you sick, can infect you until your wounds heal.

### Aspirin Related Compounds

All patients anticipating surgery must stop the use of aspirin and aspirin-related products. These are strong anticoagulants which cause increased bleeding in normal individuals. Therefore you must not take these products two (2) weeks prior to surgery and two (2) weeks after surgery. The following are only a few of many compounds to be avoided:

Aleve	Advil	Alka-seltzer	Anacin	Anaprox	Bayer Aspirin tablets
BC powder and tablets	Bufferin	Butalbital	Darvon	Dristan	Duragesic
Ecotrin	Excedrin	Florinol	Goody's	Ibuprofen	Indocin
Midol	Motrin	Naprosyn	Norgesic	Nuprin	Pamprin
Pepto-bismol	Percodan	Supac	Triaminicin	Voltaren	Zomax

If you must take something for relief of headache, cramps, backache, etc., please take Tylenol (as directed) for the two (2) weeks before and after surgery.

Page 2 of 2