

General Pre-operative Instructions

Medications: Continue taking your routine medications until the day of surgery. We will review any of your routine medications that need to be stopped. Do not take any medications that contain **(NSAIDS) Aspirin, Ibuprofen, Motrin, or Vitamin E** starting 2 weeks prior to surgery. These medications interfere with coagulation of your blood, and if taken, may cause considerably more bleeding bruising, and swelling during and after surgery. All **herbal** medications and **diet medications (Ex: Semaglutide, Phentermine)** must be stopped 2 weeks prior to surgery.

Alcohol: Do not drink alcoholic beverages for 48 hours prior to your surgery, as they may act unfavorably with anesthetic medications administered during the procedure.

Sun Exposure: Surgery may need to be postponed if you have significant sunburn near your operative area.

Smoking: Smokers have higher rates of complications than non-smokers. We recommend that you stop smoking 4 weeks before and after surgery.

Infection: Notify the office of any signs of infection (cold, sore throat, abscessed tooth, urinary infection, ect. during the week prior to surgery.

Food: Do not eat or drink anything, including water within 8 hours of your surgery.

Substances to Avoid: Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.