



Pre op Surgery Instructions

There are many reasons that contribute to successful outcomes in cosmetic surgery. Many patients do not realize that their level of participation in pre and post surgical instructions can make big differences in the cosmetic surgery result. A great surgeon teamed up with a patient that does not follow instructions can be just as bad as a great patient with a poor surgeon. **YOUR ABILITY TO FOLLOW THE PRE AND POST SURGERY INSTRUCTIONS WILL HAVE AN IMPACT ON HOW WELL YOU HEAL AS WELL AS THE QUALITY OF YOUR RESULT.** If you do not understand any part of the before and after instructions, please call our office for clarification.

- Do not take aspirin or any drug that increases bleeding 2 weeks before your surgery. If in doubt call our office. Also avoid herbal products such as Gingko, Garlic or Ginseng.
- Do not eat or drink anything 8 hours before your surgery if you are having IV anesthesia.
- Make sure that Dr. Niamtu, his staff, and the anesthesia personnel know all medications you are taking.
- If you take daily medicines (example, heart, blood pressure, etc.) go ahead and take them as you usually do but only use small sips of water to swallow them.
- 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.
- Brush your teeth, scrape your tongue and use mouthwash.
- **DO NOT** wear any skin products, moisturizers, makeup, lipstick, eyeliner, hair spray, nail polish or fragrances.
- Patients with long hair should wear it back.
- Remove **ALL** jewelry and leave it at home.

- Wear "couch potato" clothing, sweats or pajamas and avoid wearing pullover tops (they can tear the ear sutures when present).
- Wear shoes that are easy to remove and put on.
- Remind your doctor and staff of any special concerns or conditions.
- Make sure you have competent post op transportation and care lined up well before your surgery date.
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Medications to Avoid

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, if you have any questions, please call our office to check if your current medications will affect your bleeding and clotting:

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.