

**PRE-OPERATIVE INSTRUCTIONS**

The following instructions are designed to help you understand and prepare for your up-coming surgery. If you have additional questions about your surgery, do not hesitate to contact us at *210-265-1924*.

**Medications:**

If you are currently taking any medications or supplements, please bring a list of these, including dosages, on the day of your procedure. If you are currently taking blood thinners, please let us know so that we may instruct you when to discontinue these medications.

**-Do not take** traditional over-the-counter or prescription anti-inflammatory medications or any herbal supplements, **SEVEN days prior** to surgery. These include, but not limited to: Aspirin, Ibuprofen, Motrin, Advil, Aleve, Vitamin E, Ginkgo Biloba, St. John’s Worth and garlic supplements.

The only exception to this request are essential medications such as heart medications and medications taken to control blood pressure.

**Night Prior to Surgery:**

***Food and Drink***

***DO NOT eat or drink*** anything **EIGHT** hours prior to surgery. This includes, water, gum, candy, mints, or coffee. Failure to comply with this request can increase your risk of serious surgical complications. You may take your essential medications with a sip of water.

***Grooming***

Shower the night before and the morning of your surgery/procedure. Scrub thoroughly with non-scented soap. Shampoo your hair in the morning of your surgery.

You may brush your teeth the morning of surgery/procedure, but do not drink anything, except water with your essential medications.

**The Day of your Surgery:**

-DO NOT eat or drink anything on the day of your surgery. There will be no exceptions to this rule. Failure to do so will result in the cancellation of your surgery.

-DO NOT use makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant on your skin, hair, or face.

-DO NOT wear contacts to surgery/procedure. Wear your glasses and bring your eyeglasses case.

-DO NOT bring any valuables or wear any jewelry including your wedding ring. If you cannot remove your wedding ring we will place tape over it. If you have any piercings please remove them before arriving for your surgery/procedure.

-**Wear comfortable loose-fitting clothes**: we recommend a button-up shirt and pull-on pants with easy-to-slip-on flats or sneakers. Don't wear a shirt or other clothing that has to be pulled over your head. The clothing that you wear on the day of your surgery/procedure should not be precious; so if it gets permanently stained you will not be disappointed.

-If you're having liposuction we also recommend that you bring towels to the operation. These towels can be used to pad the seats in the car that you will use to go home in.

***You MUST have someone drive you home after your surgery/procedure***. Depending on the surgery/procedure you must have someone spend the first night with you following your surgery. If you have any questions please contact us at ***210-265-1924*** or via e-mail at **drchattar@eliteplasticmd.com** or **office@eliteplasticmd.com.**

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