

## **PURE PLASTIC SURGERY**

### **PRE-OPERATIVE PATIENT INSTRUCTIONS**

#### **BEFORE YOUR SURGERY**

1. **DO NOT** take Excedrin, Alka Seltzer, Goody's powder, Aspirin, Naproxen, Aleve, Motrin, Midol, Ibuprofen, Advil or any NSAID-type medication **2 weeks prior to surgery and 2 weeks after surgery**.
  - a. These medications all cause bleeding which cause complications during and after surgery.
2. **DO NOT** take Vitamin E or any other "natural" vitamins or medications **3 weeks before surgery**. Some examples include: Gingko Biloba, St. John's Wort, or Ginseng. NO Herbalife products 3 weeks before surgery.
  - a. These medications cause bleeding and must be avoided. Please let us know if you are interested in a multivitamin that does not cause bleeding and we can make a recommendation.
  - b. You are allowed to use iron before surgery.
3. **DO NOT** take any stimulant-type medications or any "workout" or "pre-workout" medications **for 3 weeks prior to surgery**. Examples include pre-workout stimulant drinks, creatine powders, ephedrine, hydroxycut or any other "weight loss" type of medication. DO not take any herbal teas!
4. **PLEASE** take you regularly scheduled prescribed medications by your doctor with a sip of water the morning of surgery.
  - a. PLEASE take beta blockers the morning of surgery as usually prescribed by your doctor. Examples include metoprolol, labetalol, etc.
  - b. DO NOT take ACE inhibitors (lisinopril, captopril, etc) or other types of blood pressure medications the morning of surgery.
5. **YOU MUST** arrange to have a responsible adult over the age of 18 to drive you home after surgery. If you do not then we will cancel surgery. You cannot take a taxi or an Uber/Lyft after your surgery!
6. **YOU MUST** have lab work done within 30 days of your surgery.
  - a. If you are over the age of 40 or have medical problems and under the age of 40 you will need a medical clearance from your primary care provider.
  - b. If you do not provide us with the medical clearance in a timely fashion your surgery may be cancelled.
7. Please call the office before surgery if you develop any signs of an infection. These can include burning on urination, urinary hesitancy/urgency/frequency (signs of UTI). Any coughing, sneezing, runny nose, chest congestion, sinus/ear pressure (signs of an upper respiratory infection). Any diarrhea, nausea, vomiting or abdominal pain (gastroenteritis symptoms).

8. **SMOKING** or the use of unauthorized medications will jeopardize the results of your operation. SMOKING can cause wounds to separate causing widened and thickened scars, skin necrosis, blood clots and other complications. **You are not allowed to smoke for 4 weeks before surgery and 4 weeks afterwards.**
  
9. **SUN** exposure will cause scarring of your wounds after surgery. You CANNOT be exposed to direct sunlight (which includes a tanning booth) for 8 weeks after surgery. Wounds must be covered during the 8 weeks after surgery.
  - a. If you plan direct sun exposure after surgery you MUST use SUNSCREEN SPF 50 or greater and reapply every hour.
  - b. You must use sunscreen on all wounds if there is any risk for sun exposure for 1 year after surgery.
  
10. **WEIGHT GAIN** will increase your risk of surgery and can cause an unfavorable aesthetic result. If you gain more than 5 lbs between the time the surgeon evaluated you and the day of your actual surgery the procedure may be cancelled.
  - a. \*This rule does not apply for those patients requested to gain weight for other reasons.
  - b. If your BMI is > 32 you are at risk for complications under surgery and your surgery can be cancelled.
  - c. Here is how to calculate your BMI:
  
11. **PLEASE** consume at least 8-10 glasses of water during the two days leading up to your surgery. This will improve your hydration and improve your recovery after surgery.
  
12. PLEASE wash yourself daily the **5 days prior to surgery** with **HIBICLENS** (chlorhexidine) soap that you can purchase at any pharmacy.
  - a. Visit this link for a coupon: <http://www.hibiclens.com/retail>
  - b. Hibiclens will reduce your chances of an infection after surgery.
  
13. You will need a prescription for nasal **MUPIROCIN** that you are to use **5 days before surgery** as well. This will reduce your risk of an infection. If you do not live in Miami, FL you can ask your primary care doctor for a prescription for nasal mupirocin.

### **THE DAY OF SURGERY**

1. If you take prescribed beta blocker antihypertensive medications please take them the morning of surgery with a sip of water.

2. **DO NOT take an ACE Inhibitor (lisinopril, captopril, etc...) or an Angiotensin Receptor Blocking medication (losartan, Avapro, benicar, etc...) the morning of surgery.**
3. DO not take any diabetes medications once you have stopped eating after midnight the night before surgery.
4. You must **ARRIVE 1 HOUR** before your surgery. If you are late, your surgery will be cancelled.
5. **YOU MUST** arrange for someone older than 18 years-old to pick you up *and stay at home with you the evening after surgery*. If you do not have a responsible adult to stay with you the first evening, your surgery will be cancelled.
6. Please do not wear any makeup or jewelry. This includes removing any piercings. It also includes removing any **acrylic nails** in order to be able to safely monitor your oxygen saturation under anesthesia.

### **AFTER SURGERY**

1. **PLEASE START WALKING IMMEDIATELY** upon arrival to your home the afternoon/evening of surgery. You must start to get out of bed and walk immediately to reduce the chances of developing a blood clot in your legs that can travel to your heart/lungs and be potentially fatal.
2. **Please resume your blood pressure medication after surgery and take as usual.**
3. **DO NOT travel outside of Miami, FL for 5-7 days after surgery.** Doing so will put you at an unnecessarily increased risk of developing a blood clot that can travel to your heart/lungs and be potentially fatal.
  - a. When you go back home after waiting the full 5 days after surgery you **MUST** stand and walk once every hour while on ANY form of transportation. That means if you are driving you must stop the car and walk every hour on the ride home.
  - b. **If you decide to travel before the 5 days of surgery your operation will be cancelled.**
  - c. **If you travel before the 5 days without the knowledge of the surgeon you are assuming all risks which can include, but are not limited to, blood clots, stroke, heart attack and possible death.**
4. **NO** lifting of any objects > 5 pounds for the first 6 weeks after surgery.
5. **NO** bending at the waist or performing chores at home to include emptying the dishwasher, bending over to fold laundry, using a mop/vacuum/broom, straining to reach an object overhead in a cabinet, etc... Please use common sense and do not perform any vigorous movement or activity for 6 weeks. After the 6 weeks you can be cleared for activity after discussion with your surgeon.

6. **DO NOT** shower or wet any of your wounds for 24 hours after your operation. Once 24 hours have passed you can gently shower your wounds and clean them with *warm soap and water ONLY*.
  - a. **DO NOT** rub your wounds aggressively and do not remove any steri strips (if they were used for your particular surgery).
7. **DO NOT** apply any creams, antibacterial products/ointments, scar creams or any natural remedies (ex: arnica) on your wounds until the surgeon has allowed you to do so and has examined all of your wounds.
8. **DO NOT** soak your wounds in any body of water to include: pool, bathtub, ocean/beach, jacuzzi, hot tub, or even expose yourself to a sauna for **6 weeks after surgery!!!**
9. Wear comfortable and loose-fitting clothes that do not require lifting your arms above your head to put on clothing. This will decrease the chances of stretching and disrupting your healing wounds.
  - a. Liposuction patients ALL require compression garments to be worn for at minimum one month after surgery 24 hours a day (we will let you know more details during your follow-up visits).
10. For face procedures: NO makeup, eyeliner, eyeshadow, mascara, lipstick, etc...
  - a. Facelift patients must avoid placing any jewelry on their neck or ears until having seen the surgeon.
  - b. You must avoid any and all sun exposure until cleared by the surgeon.

### **QUESTIONS**

1. **DO NOT** save questions for the morning of your surgery!
  - a. We are extremely busy preparing ourselves for your operation and the day of your surgery should be a relaxing experience.
2. **PLEASE** contact the office **PRIOR** to your surgery if you have any questions. We are here to help you navigate the process before and after surgery to ensure you have the best possible result.