

PRE-OP GUIDE

IMPORTANT INFORMATION TO HELP YOU PREPARE FOR SURGERY

You're on your way to reaching your aesthetic goals, and we're here to guide you from the start. Use this information to prepare for surgery day and know what to expect. You can also find this information and all pre-operative consent forms at www.forsythplasticsurgery.com/patient_resources under the "Surgery Info" section.

Follow these instructions prior to your surgical procedure.

At Least 2 Months Before...

- We ask all patients to quit smoking for several weeks before and after surgery, as it significantly affects your recovery. **Smoking delays wound healing and can also cause complications with anesthesia.**
- We encourage healthy eating, hydration, movement, and rest leading up to your procedure.

At Least 1 Month Before...

- Make time to prepare your space and set yourself up for a smooth recovery.
- By law, you'll need to arrange an adult (18+) to drive you home after surgery. You'll also need them to stay with you for at least 24 hours after your procedure.

2 weeks Before...

- **Do not use the following medications for two weeks prior to surgery, unless authorized by your surgeon:**
 - Aspirin or aspirin-containing drugs such as Anacin, Bufferin, Bayer, Excedrin, etc.
 - Nonsteroidal anti-inflammatory drugs (NSAIDs) such as Advil, Motrin, Ibuprofen, etc.
 - Vitamins and herbal supplements
 - Diet pills or injections
- Attend your pre-op history and physical appointment scheduled for: _____
- Report any colds, skin infections, or cold sores to your surgeon during the two weeks prior to surgery.

Prior to surgery...

- Pick up any medications prescribed by your surgeon in the days leading up to your surgery.
- If applicable, place the Scopolamine patch provided at your pre-op appointment behind your ear the night before surgery and **be sure to wash your hands well afterwards.**
- **Do not eat or drink after midnight the night before your surgery.**
- Shower or bathe with Dial, Safeguard, HIBICLENS (chlorhexidine), or an antibacterial soap prior to surgery.
- **The day of surgery-** Wear loose fitting clothing and do not apply any make-up, creams, lotions, or hair spray. Do not wear any jewelry (including earrings) and be sure to leave any valuables at home.
- **Be sure to arrive promptly at your designated time the day of surgery.**