

Advanced Cosmetic Surgery and Laser Center
Pre-Operative Instructions - page 1 (of 3)

Name _____

Chart Number: _____ Date of procedure: _____

Introduction

To ensure that you achieve the best possible result from your surgery, it is necessary that you follow these instructions closely. If you have questions about them, or if for some reason you are unable to comply, please call our office as soon as possible. If you should need to postpone your surgery, please notify us immediately so that we can fill the vacancy in our surgery schedule and reschedule your procedure.

14 to 30 Days Prior to Surgery

Patients should discontinue smoking and should not resume until four (4) weeks following the surgery. Those who continue to smoke are at an increased risk for post-operative complications such as: delayed wound healing and recovery, possible failure of the surgical procedure, infection and a reduction in the effectiveness of the medications.

Anesthesia Cases Only

See your Primary Care Physician for a pre-operative physical and testing. You may take the form provided and ask them to fax results to our office at **513-396-8995**.

Two Weeks Prior

Inform Dr. Mendelsohn's nurse of any medications, vitamins, herbal or nutritional supplements you are taking and seek approval before continuing them. Medication for arthritis or back pain might need to be discontinued until after the surgery.

Stop taking aspirin, Ibuprofen or products containing them. You may substitute Tylenol.

We recommend that you begin taking a vitamin regime or a multi-vitamin and 500 mg Vitamin C once a day (this will help to diminish the amount of swelling and discoloration following surgery).

Discontinue taking Vitamin E in excess of 200 IU per day (or any supplement containing it).

All doctor exams and test results, if ordered, should be completed and faxed to our office.

Avoid the use of tanning beds, sunlamps and/or over-exposure to sun.

Make transportation arrangements for the day of surgery.

All surgical fees need to be paid in full.

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The Day Before Surgery

You have been given a prescription for an antibiotic. Begin taking this the day before surgery and continue until all the medication is gone. **EXCEPTION:** Do not take this the morning of your surgery if you are having anesthesia (General _____ Mac _____).

The Morning of Surgery

Wash hair and do not apply any products to hair. Remove all makeup, wigs, bobby pins/clips and jewelry.

Please remove all fingernail polish.

Please wear a shirt that buttons or zips up the front, pants with an elastic waist band and comfortable shoes. Ladies should not wear tights or pantyhose.

You may want to bring a scarf, sunglasses, hooded jacket or other articles to cover your dressings when leaving the office.

Eat a light breakfast and limit fluid intake (Does Not Apply to Anesthesia Patients)

Items provided for Post-Op Care

Gentle shampoo

Bacitracin (Not Neosporin)

Artificial Tears or Natural Tears (Eyelid surgery only)

Peroxide

Cotton Swabs

Rhinoplasty surgery only:

Saline Spray

Afrin Nasal Spray (we will provide the day of surgery)

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Anesthesia Patients Only

Do not eat or drink anything after midnight the night before surgery. This includes chewing gum, lifesavers, breath mints, ice etc. Violation would cancel surgery.

EXCEPTION: Patients on a daily medication for hypertension or cardiac ailments should take their medication with a sip of water the morning of surgery.

It is imperative that you not be alone the night of your surgery. A responsible adult must remain with you for 24 hours after your surgery.

All Patients

Please contact us immediately if you develop a cold, sore throat, fever blisters or any skin eruptions of the face. None of these should cancel surgery but we may wish to give you additional instructions.

We will call you one week prior to your surgery date to give you your time to arrival time.