

Plastic Surgery

Pre-Surgical Instructions

Preparing for a safe and successful surgery

Proper preparation is essential for optimal surgical outcomes and recovery. These guidelines will help ensure you're ready for your upcoming procedure. Please review them carefully.

Medical clearance

After your surgery date is set, you'll need to schedule an appointment with your family physician. This visit must be within 30 days before your surgery. Your family physician will check if you're healthy enough for surgery under general anesthesia.

You will see your surgeon again at your clinic visit before surgery. They will answer your questions and talk about what to expect during and after surgery.

Pre-surgery health guidelines

Please follow these recommendations to help your body heal better and recover faster after surgery:

- › If you smoke, stop at least 6 weeks before surgery
- › Don't drink alcohol
- › Don't drink herbal tea; it might cause extra bleeding
- › One week before surgery, use only acetaminophen (Tylenol®) for pain; do not take any other pain medications
- › Drink 1 to 2 protein shakes each day along with your regular meals (any brand or flavor)
- › Eat yogurt or kefir with probiotics
- › Eat lots of fiber-rich foods like fruits, vegetables and whole grains
- › Take a daily multivitamin
- › Take fish oil (omega 3) pills daily
- › Exercise regularly
- › Don't shave near where you'll have surgery within 24 hours before
- › Use your regular soap to wash; don't use surgical soap. On surgery day, we'll give you special wipes to clean the surgery area.

If you have any questions, please contact our office at **847.854.3522** (TTY: 711).