



**DIBELLO**  
PLASTIC SURGERY

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## PREOPERATIVE GUIDELINES

### TWO WEEKS BEFORE SURGERY

Discontinue taking aspirin, Advil, Nuprin, Aleve, Motrin or any drugs containing aspirin for at least 14 days before your surgery. All Herbal supplements, diet drugs or supplements, extra vitamin E, or any other oil supplements should be discontinued. These medications interfere with normal blood clotting. Tylenol can be used if necessary. **You may continue to take a multivitamin and 2000mg Vitamin C daily. Please refer to the attached sheet for medications to avoid.**

Refrain from drinking alcoholic beverages for at least 10 days prior to your surgery. Alcohol acts as a blood thinner, making it difficult to control bleeding during surgery.

**Do not smoke.** Nicotine acts as a vasoconstrictor (reduces blood supply, and slows healing).

Smokers have a greater risk of skin or flap loss and wound healing complications. Second hand smoke can also delay wound healing, and increase the risk of wound healing.

Avoid sunbathing 1 week before surgery. Sunburn increases bleeding at the time of surgery, as well as during the healing phase after surgery.

Wash surgical site twice a day with an antibacterial soap for 48 hours before surgery.

### THE DAY BEFORE SURGERY

#### **LOCAL PROCEDURES**

- For procedures requiring only local anesthesia, there is no need to fast and please take all of your regular medications up to and including the day of surgery (especially blood pressure or diabetes medications).

#### **PROCEDURES REQUIRING ANESTHESIA**

- For procedures requiring anesthesia by an anesthesiologist, maintain a clear liquid diet the day before surgery. This tends to reduce nausea after surgery. **Do not eat or drink anything after midnight the night before your surgery. Your surgery will be canceled if you do not comply with these instructions.**

### THE DAY OF SURGERY

#### **For local procedures you may drive yourself to and from the Office or Hospital**

#### **For procedures requiring Anesthesia**

Bring a responsible person to drive or make other arrangements for transportation. The hospital will not allow a patient to drive of leave the hospital after he or she has received anesthesia or sedation.

Arrange someone to stay with the patient on the first night at home.

Remove all makeup, nail polish, hairspray or mousse etc, before coming to the hospital if surgery is to be performed on the head, neck or face.

## MEDICATIONS TO AVOID PRIOR TO SURGERY

**Anticoagulants and Antiplatelet Agents**, such as COUNMADIN, WARAFIN, DIPYRIDAMOLE OR PERSANTINE, HEPARIN, LOVENOX, TICLOPIDINE (TICLID), TRENTAL, PLAVIX AND PLETAL, **WILL BE STOPPED AS DIRECTED BY YOUR ORDERING PHYSICIAN A FEW DAYS PRIOR TO YOUR SURGERY.**

The following drugs either contain aspirin and/or have undesirable side effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be avoided for 14 DAYS prior to surgery. If you need to take something for relief of minor pain you may take Tylenol

A.S.A./A.S. Enseals	Easprin	Pabalate-SF
Acton	Ecotrin	Pamelor
Acuprin	Empirin with codein	Pampirin
Advil	Endep	Parnate
Aggrenox	Equagesic Tablets	Pediprofen
Aleve	Etrafon	Pepto-Bismol
Alka-Zeltzer	Excedrin	Percodan
Alka-Zeltzer Plus	Endodan	Propoxyphene Compound 65
Anacin	Felden	Phenylbutazone
Anaprox	Florinal	Ponstel
Ansaid	Four Way Cold Tablets	Phentermine
Argesic	Fish Oil	Q-profen
Arthritis Pain Formula	Flortal with codein	Relafen
Arthritis Strength Bufferin	Gelprin	Robaxisal
Arthropan Liquid	Ginko Biloba	Rufen
Ascriptin (all formulas)	Goody's	Roxiprin
Aspergum	Halfprin	Salflex
Aspirin (all brands)	Helidac Therapy	Salsalate
Atromid	Ibuprofen	Salocol
Axotal	Indomethacin Lanorinal	Sine Aid/Off/Sinutab
Bayer Aspirin	Indocin	SK-65 Compound
BC Powder	Kapectate	St. John's Wort
Buff-A Comp	Lobac	St. Joseph's Cold Tab
Bufferin	Lodine	Soma Compound
Buffets II	Lortab ASA	Sulindac
Buffinol	Magan	Synalgos
Buff-Tabts	Magsal	Trendar
Butazolidin	Medipren	Talwin
Camia Arthritis Pain Reliever	Meclomen	Tolectin
Cartisoprodol Backache Formula	Methcarbamol with Aspirin	Tolmetin
Catalan	Mido	Toradol
Clinoril	Mobigesic	Triaminicin
Congespirin Chewable	Momentum Muscular	Trigesic
Cope Tablets	Mobic	Trilisate Tablets/Liquid
Compound Bufferin (all formulas)	Motrin	Uracel
Cramp End	Monogesic	Vanquish
Damason P	Nalfon	Verin
Daypro	Naprosyn	Vicoprofen
Darvon (all compounds)	Naproxen	Viox
Disalcid	Norgesic/Norgesic Forte	Vitamin E
Doan's	Nuprin	Voltraren
Dolobid	Oruvail	YSP
Dolprin	Orudis	Zoprin
Dristan		

- MANY OVER THE COUNTER DRUGS CONTAIN ASPIRIN AND/OR IBUPROFEN. CHECK THE DRUG LABEL FOR THIS INFORMATION
- INFORM YOUR DOCTOR OR NURSE OF ALL PRESCRIPTION DRUGS YOU ARE TAKING.
- IF YOU HAVE ANY QUESTIONS ASK YOUR DOCTOR OR PHARMACIST.