

Preoperative Instructions

It is important to be completely open and honest with your doctor regarding your medical history. The following areas that you will need to discuss at your pre-op appointment:

- **Medications/Prescriptions**- Advise the doctor of all medication, prescriptions or other that you are currently taking.
- **Aspirin/NSAIDS**- At least 2 weeks before surgery discontinue aspirin, non-steroidal anti-inflammatory medication or any products containing these medications. These products can interfere with your body's blood clotting mechanism and can make surgery more difficult and less effective.
- **Vitamin Usage**- Discontinue taking: Vitamin E, Ginko Biloba, Bilberry, Cayenne, Echinacea, Feverfew, Fish Oil, Garlic, Ginger, Ginseng, Kava Kava, Valerian, Licorice root, Ma Huang (ephedra), Melatonin, St. John's Wart, and Yohimbe. These supplements can have adverse effects on surgery and the healing process.
- **Smoking**- If you smoke, you must quit for a minimum of 2 weeks pre and post operatively, as smoking negatively affects the healing process.
- **Alcohol**- Alcohol consumption should be minimized for 2 weeks before surgery. It is important that you tell the doctor and anesthesiologist if you have consumed any alcohol within this time period so that your anesthesia medications can be adjusted properly. It is also important to minimize alcohol consumption 2 weeks post operatively.
- **Cold Sores/Herpes Virus**- If you are undergoing any type of facial peel, resurfacing or injection it is critical that you tell your doctor if you have a history of cold sore, shingles or herpes. We routinely prescribe an anti-viral medication to prevent painful outbreaks that may reduce the effectiveness of the procedure. This medication is taken 2 days before the procedure.
- **Skin Care Regimens**- Inform the doctor immediately if you are currently using skin care medications (ie: Retin-A, Topical Vitamin C, Accutane, Glycolic Acid ect), or have a connective tissue disease. Also let your doctor know about any previous skin peels: Glycolic, Lactic Acid or Trichloroacetic acid, so that we can completely coordinate your skin care.
- **Hair Care**- If your procedure involves sutures to the scalp area, any color or permanent to the hair must be done a minimum of 10 day prior to surgery. You may re-color or permanent your hair 4-6 weeks after your surgery.

Should you have any further questions, please contact our office.