

PRE-OPERATIVE INSTRUCTIONS

SMOKING

Smoking increases your risk of scabbing, skin loss, delayed wound healing and infection. **DO NOT SMOKE FOR 4 WEEKS BEFORE AND AFTER YOUR SURGERY. REMEMBER, “NICORETTE” AND MANY E-CIGARETTES ARE JUST AS HARMFUL TO YOUR HEALING AS CIGARETTES ARE.**

PREGNANCY

Anesthesia can cause spontaneous abortion or birth defects. Please be sure you are not pregnant at the time of your surgery. We will perform a pregnancy test on all women of child-bearing age if you are having surgery in the office.

BIRTH CONTROL PILLS/ESTROGEN REPLACEMENTS

It is advisable to stop birth control pills, estrogen replacements, **Tamoxifen** and **Letrozole** **two** weeks before surgery to minimize the risk of venous thrombosis (clots) and pulmonary embolism. You may restart these **one to two** weeks post-op. It is okay to continue **Aromasin** and **Lupron**. Patients with a prescription for **Emend**, which is used for post-operative nausea and vomiting, should be aware to use an alternative form of birth control for **two** weeks following surgery. **Emend** has been known to decrease the effectiveness of oral contraceptives.

MEDICATIONS

Please avoid the following for **two** weeks before and after surgery: **Advil, Aleve, Alka Seltzer, Anacin, Anaprox, Aspirin, Ascriptin, B.C. Powder, Bufferin, Coricidin, Dristan, Ecotrin, Empirin, Excedrin, Fiorinal, Feldene, Ibuprofen, Indocin, Midol, Motrin, Naprosyn, Nuprin, Pepto-Bismol, Percodan, Voltaren and Vitamin E.** Most multi-vitamins contain **Vitamin E**, so check the label. These medications may increase your bleeding risk. **Excedrin Tension** is okay, but **Excedrin Migraine** is **NOT** because it contains aspirin. **Tylenol is fine!** Also, please avoid **Sine-off, Sinutab** and **Sudafed** and all decongestants (phenylephrine and pseudoephedrine). Antihistamines are fine, but avoid over-the-counter nasal sprays if possible, and please let us know if you do use them. All of these medications increase heart rate and blood pressure and therefore increase your anesthesia risks. If in doubt about any medication, please read the label or ask your pharmacist.

PATIENT SIGNATURE

DATE

Please make sure Dr. Blanchet is aware if you are on: **INDERAL, PROPRANALOL, LOPRESSER, COREG, TOPROL, CORVETOLOL, LABETALOL, METOPROLOL, HYDRO-CHLOROTHIAZIDE, LASIX, BUMEX or any fluid pills or blood thinners (like COUMADIN, HEPARIN, XARELTO, LOVENOX, PRADAXA).**

PROTON PUMP INHIBITORS

Patients who take **Nexium, Prilosec, Protonix, Prevasid, Dexilant, Aciphex or Zegerid** must take probiotics the day before surgery and continue for one week after they have finished their post-op antibiotics.

DIET PILLS

It is very important that you let Dr. Blanchet know of **ANY DIET PILLS** that you are currently taking or have taken in the past six months. These include any of the herbal diet pills such as **Ephedra, Meredia, Adipex (Phentermine), Fastin, Ionamin** or any **Phen-Phen** products. It is very important that you tell us of **ANY DIET PILL USAGE**, even if it is not listed.

HERBALS

Herbal remedies may be dangerous around the time of surgery. Please **STOP** all herbals especially: **ECHINACEA, GINGKO BILOBA, GINSENG, LICORICE ROOT, MELATONIN, ST. JOHN'S WORT** or **GARLIC TABLETS.**

SKIN PREP

Please begin showering once a day for 3 days prior to surgery with **CHG (Chlorhexidine Gluconate** antiseptic solution). You may purchase brand name **Hibiclens** or other brands of 2 percent or 4 percent CHG soap at most pharmacies. If you are allergic to CHG or your surgery site is at the chin or above, please substitute **Cetaphil** for the CHG. With each shower, wash and rinse your body and hair first using your normal soap and shampoo. Completely rinse your hair and body. Wet your skin in the shower and then turn the water off. Apply a quarter size amount of chlorhexidine solution to a wet washcloth. Gently lather your entire body from the chin down, using more soap if necessary. Avoid getting CHG in your eyes, ears, mouth, nose or vagina. Wash your whole body but pay special attention to your surgical area. Rinse well. Do not rewash with regular soap. After each shower, do not apply lotions, perfumes, hair products or makeup.

On the day of your surgery, please do not wear moisturizers, lotions, makeup or powder if you are having facial surgery or antiperspirants, body lotion or powder if you are having torso surgery. Shaving increases your risk of infection, so do not shave your body that day. If you have time, repeat the CHG shower the day of surgery as well.

PATIENT SIGNATURE

DATE

BLEPHAROPLASTY

If you are having eyelid surgery, you need to use a thin saline drop tear replacement (**Clerz, Hypo Tears, Natural Tears**) during the day and in the evening a thicker lubricant (**Lacri-Lube** or **Celluvisc**, both by Refresh). Please buy these prior to your surgery.

COSMETIC SURGERY

Please be aware that medical complications can occur with cosmetic surgery. The treatment associated with any complication will not be covered by your personal insurance policy. Therefore, Dr. Blanchet will purchase insurance for you that will cover any medical complication up to one month after your surgery. This program is called “CosmetAssure.”

OFFICE SURGERY

Please realize that the time of your surgery can change. Be sure to leave a number where you can be reached the day of surgery. You must have a responsible adult (18 years or older) to drive you home and stay with you for at least 24 hours. In addition, if your driver is planning to leave our office during your surgery, they must provide the nurse with their cell phone number.

BREAST SURGERY

If you are having breast surgery and you are at least 40 years old, we strongly recommend a screening mammogram within one year prior to your surgery even if your insurance does not cover it.

SURGERY CLEARANCE

If you are having surgery in our office and are over 45 years of age, you will need blood work (CBC and BMP) and an EKG performed by your primary care doctor. If you are over 60 or if your health warrants it, you will need pre-operative clearance as well.

ADDITIONAL INSTRUCTIONS

Please have nothing to eat or drink after midnight the night before your surgery. Wear loose, comfortable clothing with a shirt that opens in front. Please do not wear jewelry including wedding rings or body piercings, dark nail polish, contacts or heavy makeup. Bring your pain medication with you on the day of surgery. If a post-op garment is required, please bring it with you as well. Have Colace and milk of magnesia available at home because pain medication will cause constipation.

PATIENT SIGNATURE

DATE

8/15