

JOHNSTON-WILLIS HOSPITAL SURGERY
PRE-OPERATIVE INSTRUCTIONS

PREADMISSION TESTING

All patients must be evaluated by P.A.T. (Pre-Admission Testing) prior to having sedation or anesthesia. Please call **804-483-5312** to set up your pre-admission testing appointment at Johnston-Willis Hospital. Please bring all medications in their bottles and copies of recent lab work and/or cardiac information with you to your pre-admission testing appointment.

SKIN PREP

Please begin using DIAL SOAP while bathing/showering 3 days prior to your surgery and 10 days after. On the day of surgery, please do not wear moisturizers, lotions, makeup, nail polish, powder, or antiperspirants. Shaving increases your risk of infection so please do not shave any areas of your body the day of surgery.

SMOKING

Smoking increases your risk of scabbing, skin loss, delayed wound healing and infection. **DO NOT SMOKE FOR 6-8 WEEKS BEFORE AND AFTER YOUR SURGERY. REMEMBER, "NICORETTE" AND E-CIGARETTES ARE JUST AS HARMFUL TO YOUR HEALING AS CIGARETTES ARE.** We will perform a nicotine screen test prior to your procedure if applicable.

COSMETIC SURGERY

Please be aware that medical complications can occur with cosmetic surgery and 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 complications up to 45 days after your surgery. This program is called "CosmetAssure".

ADDITIONAL INSTRUCTIONS

Please have nothing to eat or drink after midnight the night before your surgery. You may feel more comfortable post-op if you eat lightly the day before surgery. Wear loose, comfortable clothing with a shirt that opens in front. Please do not wear jewelry including wedding rings or body piercings or contacts.

You must have a responsible adult (18 years or older) to drive you home and stay with you for at least 24 hours.

Let us know ASAP if you are having symptoms of any infection (urinary tract, upper respiratory, etc.) prior to surgery as this will increase your risk for surgical infection.

WE REQUEST THAT YOU PICK UP YOUR MEDICATIONS IN ADVANCE OF YOUR SURGERY DATE; ADDITIONALLY, IT IS IMPORTANT THAT YOU REVIEW THE MEDICATIONS AND DISCHARGE INSTRUCTIONS WITH YOUR CAREGIVER.

PATIENT'S SIGNATURE

DATE

