



TEL. No. 04-3485575

**PRE-OPERATIVE INSTRUCTIONS
COSMETIC SURGERY**

1. No eating or drinking 8 hours before the surgery
2. No smoking and drinking alcohol at least 24 hours before the surgery.
3. Bring extra clothes
4. Must be in the hospital 2 hours before the surgery.
5. Do not take medications as follows at least 7-10 days before the surgery.

Advil	Bufferin	Easprin	Mediprin	Robasibal
Alcohol	Brufen	Ecotorin	Midol	Rugin
Alka-Seltzer	Cephalgesic	Empirin	Motrin Sine-off	
Aleve	Cheracol	Emprazil	Nalfon	Trandate
Anacin	Cloril	Excedrin	Naprosyn	Trental
Anaproxin	Congesprin	Feldene	Norgesic	Trigesic
APC Cope	Fiorinal	Nuprin	Trilisate	
ASA	Coricidin	Percodan	Vanquish	4-Way Cold Tabs
Ascodeen	Coumadin	Ibuprophen	Persantine	Voltarin
Ascriptin	Darvon	Indocin	Phenaphen	Zorprin
Aspirin	Dolobid	Meclomen	Qualgesic	Dristan

POST OPERATIVE INSTRUCTIONS:

General

- Do not drive a car or operate machinery for 24-48 hours or longer until advice by the doctor.
- Do not make any important decisions or sign any papers for the next 24 hours.
- Do not consume any alcohol for at least 10-14 days after your procedure.
- Do not use tranquilizers, sleeping medications, or any non prescribed medications unless approved by your physician. Avoid for 14 days any type of NSAIDS (non-steroidal anti-inflammatory drugs) i.e., Advil, Ibuprofen, Aleve, Naprosyn, Etc.
- No Aspirin for 14 days.
- Do not smoke for a minimum of 2 weeks.
- Avoid sun exposure for at least 4 weeks post-operatively, and then use sun block if necessary.
- Please have a responsible person with you for 24-48 hours.

Activity

- Rest for the remainder of the day.
- No heavy lifting's for 3 weeks.
- Exercise is to be eliminated for the first 2 weeks, then start light activity (walking, etc.).
- Moderate activity can be started in 3 weeks (stationary bike) and full activity may be resumed at four weeks post-operatively.
- No Sexual Activities for 2 weeks.

Treatment

- Your first follow-up appointment will be within 1-2 days after your surgery.
- Your suture will be removed after 7 days.
- You may shower after 3 days leaving the sterile strip on until Doctor Advice.
- Do not wear under wire bras or constricting sports bra (for breast augmentation and lift)
- Leave the bandage unless the doctor advises removal.
- Garments should wear as Doctors prescribed.

DEPOSIT AND PAYMENT POLICY:

We require a full payment before your surgery to hold your appointment .It will be credited toward the procedure fee on the day of your procedure. We honor Visa and Master Card and Cash payment. You can also mail your full payment in the form of a personal cheque, cashier's cheque or money order to **Dubai Cosmetic Surgery**. Until your full payment is received, the date you have chosen is still considered open and may be taken by another patient. This policy is necessary, a surgical room reserved for the time of surgery. If a patient does not keep his/her scheduled appointment this surgery full payment is usually **non-refundable**. Payment is due in full on the day of surgery and can be made by cash or credit card.