

PRE-OPERATIVE INSTRUCTIONS

Preparing well is the first thing you can do sincerely to get the most out of your imminent surgery. No matter if it is a minor surgery performed on outpatient basis, or a major surgery done under general anesthesia, the ultimate outcome of the surgery depends a lot on how well you prepare for the procedure. There is a long list of Do's and Don'ts that you have to stick to in a bid to ensure your surgery turns out to be a big success and you get exactly what you want.

Your surgeon will provide you a list of **Pre-Operative Instructions** that you have to follow prior to the surgery, but it is always good to do your own research and prepare yourself on those lines, even before consultation with the doctor. Here is a list of general pre-operative instructions that you can follow before any surgery:

TWO WEEKS BEFORE SURGERY:

- **No blood thinners:** Aspirin, Ibuprofen, their derivatives and numerous other pain management medications fall under this category. Stop their consumption as they can interfere with normal blood clotting.
- **No herbal supplements:** Apparently riskless herbal supplements can complicate your surgery by obstructing blood clotting, interfering with the effect of anesthesia and/or by affecting your sugar level and blood pressure.
- **No smoking:** Stop smoking cigarettes two to three weeks prior to surgery. Nicotine in cigarettes constricts blood vessels affecting blood flow to the scalp. This can adversely affect your healing process.
- **Tylenol is safe:** If you really need some medicine for pain relief, you can always trust Tylenol and other generic forms of this drug. But avoid taking pain medications without consulting with your doctor. If you are not sure about any medicine, discuss with your doctor.
- **Start taking multivitamins:** The healthier you are, the faster you will recover from the surgery. Start consuming one multivitamin tablet everyday and continue taking it after the surgery. This will help you recover quickly and safely.

ONE WEEK BEFORE SURGERY:

- **No alcohol and drugs:** Both alcohol and drugs can interfere with the effectiveness of anesthesia and post-surgical blood clotting. So, better stop their consumption at least a week before surgery.
- **No self medication:** As your surgery nears, stop being your own doctor. Self medication is strictly prohibited. Don't take allergy medications or any other without your doctor's permission.
- **Protect yourself against infections:** Take all preventive and precautionary measures to protect yourself against infections, including cold and flu. If you get one, report it immediately to your surgeon.

- **Fill your prescription:** Your surgeon may prescribe you some medications for post-surgical protocol. These include pain medications, muscle relaxants and antibiotics. Fill your prescription a week before surgery.
- **Arrange transportation:** Arrange someone who could drive you to and from hospital. You can go to the hospital at your own but you will not be able to drive after surgery.

ONE DAY BEFORE SURGERY:

- **Take shower:** As you prepare for the surgery, take a thorough shower with some mild, germ-inhibiting soap the night before the surgery. This is to kill any bacteria on the skin and minimize the risk of infection.
- **Prepare clothes:** You also need to be very careful when selecting clothes to wear to the clinic on the day of surgery. Do this a day prior to the procedure and select a dress that is loose fitted.
- **Don't eat or drink anything:** Some surgeries require patient to be empty stomach. So, you will have to stop eating and drinking after midnight before surgery. These usually include major surgeries performed with general anesthesia. Don't forget to check this with your surgeon.

ON THE DAY OF SURGERY:

- **Don't apply makeup:** Applying any cosmetics or any other chemicals to your face and hairs on the morning of surgery is strictly prohibited. This includes makeup, creams, lotions, hair gels, hair sprays and perfumes.
- **Don't wear contact lenses:** There is no question of wearing aesthetic contacts to the hospital. If you wear glasses, don't forget to bring the eyeglass case along.
- **Don't bring any valuables:** Don't bring any valuables or extra cash to the clinic. Also avoid wearing any jewelry on the day of surgery, as you will be asked to remove that before taking you to the operation theater.

Schedule Free Consultation:

To know more about pre-operative instructions or for a customized advice, fill the consultation form below and earn a FREE CONSULTATION with one of our highly skilled cosmetic plastic surgeons.