

PREPARING FOR YOUR SURGERY: PRE-OPERATIVE INSTRUCTIONS

DO NOT TAKE ASPIRIN/NSAIDS/IBUPROFEN: Stop taking any medications containing aspirin or non-steroidal anti-inflammatory medications such as ibuprofen at least 14 days prior to surgery. Carefully read all medication labels to make sure they do not contain these medications, as they can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen, such as Tylenol for pain or fever relief. See the more complete list of medications to avoid in your packet.

DO NOT TAKE VITAMIN E/FISH OIL/OMEGA-3 SUPPLEMENTS: Stop taking any supplements of this nature for 4 weeks prior to surgery. You may take a regular multi-vitamin. Do not take any additional supplements. See the more complete list of supplements to avoid in your packet.

DO NOT SMOKE: Smoking reduces circulation to the skin and delays or prevents healing. Stop smoking and stop using Nicoderm® or nicotine patches 4-5 weeks prior to surgery for optimal effect. Do not restart smoking or using nicotine products until fully healed (or preferably, not at all!).

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY: This includes gum and mints. This also includes water. If approved by Dr. Holzman, you may take your normal medications with a small sip of water the morning of your surgery.

CLEANSING/HYGIENE: Shower the evening before and the morning of your surgery. Remove nail polish. Shave armpit area for brachioplasty procedure. Shave pubic area for abdominoplasty or thigh lift procedures. Do not apply creams, makeup, deodorant, fragrance, or lotions the morning of your surgery. You may brush your teeth the morning of your surgery, but do not swallow water or toothpaste.

MEDICAL CLEARANCE: Depending on your medical history, Dr. Holzman may require medical clearance prior to your surgery.

PLAN YOUR DOWNTIME: Make sure you have made appropriate arrangements for work, childcare, pet care, house care and meals for your post operative period. Also arrange for

someone to stay with you for 24 hours after your surgery. A little planning on the front end makes for a more restful recovery.

TRANSPORTATION: Make arrangements for a ride to and from the hospital or surgery center. You will not be able to drive a car after anesthesia.

PURCHASE: Fill your prescriptions and purchase any needed supplies from the pharmacy before the day of your surgery. This way you will have the medications at home when you need them. You may need 4X4 cotton gauze or frozen peas/ice packs, depending on your surgery. All facial cosmetic patients and those having liposuction will need to start taking Arnica 1 day prior to surgery, and continue 4 days post operatively. Arnica can be purchased in Dr. Holzman's office if desired.

COMPRESSION GARMENTS: If you require compression garments to wear after your surgery, they will be ordered in the office prior to your surgery and brought to the operating room by Dr. Holzman.

CLOTHING: Wear comfortable, loose-fitting clothing that can be buttoned up the front and does not need to go over your head for removal. Remove hairpins, wigs and jewelry. Please do not bring valuables with you.

CONFIRM YOUR SURGERY TIME: Please confirm your surgery date and time. This can be done at the end of your history and physical appointment, or you may call the office during normal business hours. Please call for any questions that you may have PRIOR to the day of your surgery. Dr. Holzman will be happy to address any concerns, so that you may be as relaxed as possible on the day of your procedure.

THE HOSPITAL WILL GIVE YOU DETAILED INSTRUCTIONS REGARDING EATING, DRINKING AND MEDICATION RESTRICTIONS PRIOR TO SURGERY.

SURGERY DATE AND TIME: _____ ARRIVAL TIME: _____

FACILITY: _____

PHONE: _____

NOTES/QUESTIONS: