

# *Facial Surgery Center*

## *MAXILLOFACIAL, COSMETIC, AND RECONSTRUCTIVE SURGERY PRE-OP INSTRUCTIONS*

### PRIOR TO THE DAY OF SURGERY:

- \* Please notify our office if you develop infection, cold, or flu for appropriate instruction. Inform us as soon as possible in case we need to postpone your surgery.
- \* If you smoke, you should stop for at least 2 weeks prior and 2 weeks following face lift surgery. Nicotine effects circulation and can prolong healing or cause complication and scarring due to lack of circulation.
- \* DO NOT TAKE ASPIRIN or medication containing aspirin for 2 weeks prior to surgery. Due to aspirin's effect on blood clotting, it may cause excessive bleeding and bruising. We will provide you with a list of medications to avoid before surgery. Dr. Bowman will discuss these medications with you.
- \* DO NOT attempt to lose weight prior to surgery. Eat a balanced diet as nutrition is important to healing.
- \* We recommend that you take a daily MULTI-VITAMIN which contains IRON and ZINC, especially 2 weeks prior to surgery. We will be happy to recommend a vitamin source that we believe is of high quality.
- \* Wash your face, hair, and surgical sites with Phisoderm, Hibiclens or Betadine Soap beginning 7 days prior to and the morning of surgery. Reduction of skin bacteria will decrease the risk of infection.
- \* Discontinue topical skin medications including Retin-A, cortisone, or any other prescriptions 3-4 days before surgery
- \* Please purchase all recommended items:
  - () Phisoderm Hibiclens or Betadine Soap
  - () Moist Heat Heating Pad (NOT Microwave Pad)
  - () Prescription Medications
  - () Peroxide, Antibiotic Ointment, Q-tips
  - () Ice Bags or Frozen Peas
  - () Gauze 4 X 4's and 1/2" tape

### GENERAL ANESTHESIA OR IV SEDATION:

- \* DO NOT have ANYTHING to EAT OR DRINK (including water) after midnight the night before surgery. You may take necessary pills with a sip of water.