



PLASTIC SURGERY, PLLC

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GENERAL PATIENT INSTRUCTIONS

The following instructions are general guidelines for patients undergoing cosmetic or reconstructive surgery. There may be more detailed instructions for specific procedures.

1. MEDICATIONS

For two (2) weeks prior to surgery, avoid taking aspirin or any aspirin containing products, any non-steroidal anti-inflammatories such as: ibuprofen, Motrin, Aleve, Advil, Celebrex, Vioxx, Doan's, BC powders, Excedrin (with aspirin), and any herbal medications. Tylenol may be taken. Please speak with your physician if you are taking any of these medications.

2. SMOKING

For at least two (2) weeks prior to surgery, please do NOT smoke. Four (4) weeks for abdominoplasty and facelift patients.

3. PRE-OPERATIVE ILLNESS

If you develop any signs of illness within the week prior to surgery, please contact the office. For facial procedures, if you see evidence of a "cold-sore", notify the physician immediately

4. EATING

On the night before surgery, do NOT eat or drink anything after midnight. Only a sip of water may be taken to brush your teeth and to take any approved medications.

5. SKIN CARE

For two (2) weeks prior to surgery, avoid any heavy sun exposure. Please wear a sun-block of SPF-20 or greater. For facial procedures, please discontinue the use of Retin-A for at least one (1) week prior to surgery.

6. HYGIENE

On the morning of the procedure, please take a shower and wash your hair. Do NOT wear makeup or hair products such as hairspray or gels. If possible do NOT wear any nail polish on the day of surgery.

7. ESCORT AND SEDATION

Patients MUST have an escort to accompany them from the facility after undergoing any procedure involving sedation or anesthesia. If you are having an office procedure that requires pre-medication with a sedative, arrange for an escort to accompany you.

8. POST-OPERATIVE MEDICATION

The necessary prescriptions will be given to you prior to the surgery or while you are in the hospital.

9. FOLLOW-UP APPOINTMENTS

If not previously arranged, please contact the office the day after surgery to set up a visit for suture or drain removal.

10. EXERCISE AND ACTIVITY

Avoid strenuous activity or heavy lifting for 4 to 6 weeks after surgery. The physician may also inform you of certain additional activities to avoid based on your procedure.

11. CLOTHING AND JEWELRY

Please wear loose fitting clothing the day of your procedure. Do NOT wear any clothing that must be pulled over your head. Do NOT wear jewelry.

PLEASE CALL THE OFFICE AT 718-395-8118 IF YOU HAVE ANY QUESTIONS OR PROBLEMS.