

MARIAM AWADA, MD, FACS
MICHIGAN COSMETIC SURGERY, PLC

Pre-Operative Instructions

The following instructions should be followed closely except when overruled by specific procedural instructions.

8 Weeks Prior to Surgery

- You **MUST** obtain a primary care physician clearance for surgery if you have not already done so. If we do not receive your results your surgery may be cancelled.

2 Weeks Prior to Surgery

- Stop all Motrin (ibuprofen) or aspirin containing medications. Tylenol is okay to take for any aches and pains.
- Discontinue any alcohol or street drug use.
- If you are taking any diet medications or certain vitamins, such as Vitamin E or Fish oils, or any over the counter herbal supplements, you must discontinue two weeks prior to surgery.
- You may take your Multivitamin and Bromelain as directed each day.

1 Week Prior to Surgery

- Purchase antibacterial cleanser. Scrub surgical area once a day for one week, including day of surgery.
- You will be contacted by the office 48 hours before your surgery, and given your exact surgery time.
- You must have a guardian/driver. You will not be able to drive home.
- Please fill all prescriptions prior to surgery.
- Norco: Take when you get home from surgery 30 minutes after having a small meal. Then as needed for pain.
- Keflex: Antibiotic that you will start when you come home from surgery, then as directed.
- Medrol Dose Pack: used for swelling and inflammation. Start morning AFTER surgery, follow instructions on package.

The Night Prior to Surgery

- Do not eat or drink **ANYTHING** after midnight, including water.
- The anesthesia care provider will contact you to review any questions by phone.
- If you take daily medications, review this with the anesthesiologist. If you would like to speak to the anesthesiologist sooner, we will provide you with the correct information.

The Morning of Your Surgery

- Shower to reduce the chance of infection.
- If you are undergoing a tummy tuck, thigh lift, or pubic lift, please shave the pubic area.
- **We do need to obtain a urine sample the day of your surgery, please do not urinate before you come to the office so that you may provide a sample when you come in.**
- **You must be available for the entire day of surgery due to possible schedule changes you may be called to come in earlier or later in the day.**
- Do not wear makeup, nail polish, artificial nails, lotion, or jewelry.
- Remove **all** piercings before surgery.
- Any hair extensions must be removed prior to surgery.

MARIAM AWADA, MD, FACS

MICHIGAN COSMETIC SURGERY, PLC

- Arrive at the facility at the designated time provided. Do not be late or your surgery could be cancelled, if you do not arrive in adequate time.
- Wear clothing that is easy to put on and take off. A button down or zipper shirt and pull up pants with elastic band work best.
- Leave all valuables at home.
- If you wear glasses, contacts or hearing aids, bring along a case to store them in while you are in surgery.
- If you wear dentures, removable bridgework, etc., they must be removed before surgery or as designated by anesthesia department policy.
- Do not smoke.
- Robe, slippers, and basic toiletries are all you should need if being admitted. If you are being admitted for overnight stay, bring your medications with you to the hospital.

After Your Surgery

- After you leave the operating room, you will be taken to the recovery room for a brief period.
- Someone must be responsible for staying with you the first 24-48 hours after surgery if you are having an outpatient procedure.
- If you are an overnight/hospital patient this will not be necessary, but you **MUST** have someone drive you home after discharge from the hospital.

Pain Management

- Any prescription you are given should be filled **BEFORE** surgery.
- Take pain medication with food to prevent stomach upset.
- Take stool softener as needed for constipation. For example, Colace and Ducolax are both available over the counter according to directions until you have a bowel movement.
- Increase fluids, fruits, and fibers.
- Stay on a schedule with your pain medication. Waiting too long may make it harder to control pain.
- A few days after surgery mild pain can be controlled with extra strength Tylenol.
- Call the office if you have uncontrollable vomiting, this can be a temporary side effect of the anesthesia.