

PRE-OPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

- *DO NOT eat or drink anything (including water) after midnight before your surgery.
- *Your surgery will be performed as an outpatient unless otherwise informed.
- *You may be asked to have lab work and EKG done prior to surgery. If this should be necessary, please have the tests done within 6 months of surgery. If you take a diuretic or “water pill,” such as Lasix, Maxzide or Hydrochlorathiazide (HCTZ), we will need a Potassium level drawn within 7-10 days before surgery.
- *In order to help diminish the amount of swelling and discoloration following surgery, we request that you purchase a Multivitamin WITHOUT Vitamin E. We recommend the following brand: Clinical Support Program by VitaMedica (1.888.367.8605; <http://vitamedica.com/products/recovery-products/clinical-support-program/>). This Multivitamin is also high in Vitamin C, which is helpful in preparation for surgery. If you were prescribed any antibiotics, please start these 24 hours prior to your surgery. You may receive some additional prescriptions which you will need to have filled and begin taking as prescribed.
- *DO NOT take Aspirin or products containing Aspirin, such as Excedrin. DO NOT take Ibuprofen or products containing Ibuprofen-like product, such as Motrin, Advil, or Aleve. All of these medications may result in increased bleeding, bruising, and/or swelling after surgery and, therefore, must be discontinued at least two weeks prior to surgery and one week post-operatively. If you are on COUMADIN or PLAVIX, please make sure you have discussed this with Dr. Batniji.
- *DO NOT take herbal supplements two weeks prior to surgery. Please refer to the handout titled, “**Nutritional Supplements to Discontinue Prior to Surgery.**”
- *If you take Insulin or oral medications for Diabetes, discuss this with Dr. Batniji.
- *Please bring all of your medications that you take on a daily basis with you to the surgery center. If you take blood pressure medication or heart medication, these may be taken the morning of surgery with a sip of water.
- *If you have been prescribed narcotic pain medications, please note that constipation may be a side effect. If this occurs, drink plenty of water, add high fiber foods to your diet and take a laxative (Dulcolax - over the counter) if needed. If this problem persists, please contact the office.

*Please contact the office if you should develop a cold, sore throat, temperature, fever blisters or any other skin eruption of the face.

*You will need to make arrangements for transportation to and from the surgery center. It is imperative that someone stays with you the first 24 hours after surgery. If you desire professional nursing care after surgery, including transportation, please let us know so that we may facilitate arrangements. These services will be an additional fee.

*Please wear comfortable clothing on the day of surgery. We ask that you wear a top that zips up the front or buttons rather than clothing you pull over your head. You may want to bring a scarf, hat, sunglasses or other articles to cover your dressing when leaving the center.

*Before coming to the surgery center, please remove all make-up, nail polish, acrylic nails, false eyelashes and jewelry. Please do not wear contact lenses. We recommend that you do not apply permanent hair coloring within 7 days prior to surgery and 4 weeks after surgery.

*Detailed written postoperative instructions will be given to you during your preoperative visit with Dr. Batniji and staff.

*At Batniji Facial Plastic Surgery, we look forward to providing you excellent care in a comforting fashion. To that end, please do not hesitate to contact our office at 949.650.8882 or 310.467.2180 if we may be of further assistance to you.