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Pre-Operative Instructions for Outpatient Surgery

These instructions will help you prepare for a safe, smooth surgery and recovery. Please read the entire document carefully and keep it for reference. You will also receive detailed *post-operative* instructions at your pre-operative visit.

CONTACT US ANYTIME WITH QUESTIONS

Newport Beach: 949.650.8882 **Beverly Hills:** 310.467.2180

Email: info@drbatniji.com **After hours:** Call the office number — instructions for reaching the on-call provider are on the voicemail.

Two Weeks Before Surgery

- **Stop aspirin and NSAIDs.** This includes Excedrin, Motrin, Advil, Aleve, and ibuprofen-containing products. These can increase bleeding, bruising, and swelling. **Do not resume until 2 weeks after surgery.**
- **If you take aspirin for heart or stroke prevention,** do not stop on your own — contact your cardiologist or prescribing physician first, then let us know their recommendation.
- **Stop herbal supplements and high-dose vitamins.** See the companion handout, *Nutritional Supplements to Discontinue Before Surgery*, for the full list.
- **Start a Vitamin E-free multivitamin.** A multivitamin high in Vitamin C and free of Vitamin E helps reduce post-operative swelling and bruising. VitaMedica's *Clinical Support Program* is one option we recommend.
- **Stop all nicotine and tobacco products.** This includes cigarettes, e-cigarettes, vapes, nicotine pouches, gum, patches, and chewing tobacco. Nicotine constricts blood vessels and significantly increases the risk of poor wound healing, skin loss, and infection in facial surgery. **Ideally, stop at least 4 weeks before and 4 weeks after surgery.** Second-hand smoke also impairs healing — please avoid it.
- **Stop alcohol consumption.** Alcohol use affects bleeding, swelling, and how you respond to anesthesia.
- **Stop cannabis and CBD.** Cannabis affects anesthesia and interacts with pain medications. Disclose all use — smoked, vaped, edibles, tinctures, topicals — to the anesthesia team. This is a safety matter, not a judgment matter. See the supplements handout for timing.

One to Two Weeks Before Surgery

- **Complete any required lab work or EKG.** Tests must be within 3 months of surgery. If you have a cardiac history, then tests must be within 1 month of surgery. If you take a diuretic (Lasix, Maxzide, Hydrochlorothiazide), a potassium level is required within 7–10 days of surgery.
- **Fill all prescriptions.** You may receive prescriptions for antibiotics, pain medication, anti-nausea medication, or others. Have them filled in advance.
- **Avoid permanent hair coloring.** Do not color your hair within 7 days before surgery or 4 weeks after.
- **Call us if you take special medications.** See the *Medication-Specific Guidance* section below for details on blood thinners, diabetes medications, GLP-1s, and more.
- **Arrange transportation and an adult caretaker.** You must have someone drive you to and from the surgery center, and a responsible adult must stay with you for the first 24 hours. Professional nursing care with transportation is available for an additional fee — let us know if you'd like us to help arrange it.

The Day and Night Before Surgery

- **Start antibiotics 24 hours before surgery** if prescribed.
- **Nothing to eat or drink after midnight** — including water, gum, mints, and hard candy — unless the surgery center gives you different instructions. Their instructions always take precedence.
- **Shower and wash your hair** the night before or morning of surgery.
- **Remove hair extensions.**
- **Remove false eyelashes.**
- **Remove acrylic nails and gel polish.**
- **Get a good night's sleep** if possible. It's normal to feel anxious the night before — call us if you have concerns.

The Morning of Surgery

- **Do not eat or drink anything** (see above — follow any specific instructions from the surgery center).
- **Take approved morning medications with a small sip of water.** Blood pressure and cardiac medications should generally be taken. Aprepitant is an anti-nausea medication that will be prescribed and should be taken the morning of surgery to alleviate nausea after surgery. Diabetes, blood thinners, and GLP-1s are handled separately (see below).
- **Do not wear makeup, nail polish, contact lenses, or jewelry.** Glasses are fine. Leave valuables at home.
- **Wear loose, comfortable clothing** with a front zipper or button closure — not a pullover top. Consider bringing a scarf, hat, or sunglasses for the ride home.
- **Bring:** a photo ID, insurance card, a list of all medications and supplements you take daily, and your CPAP machine if you use one.

Medication-Specific Guidance

- **Blood thinners (Coumadin, Plavix, Eliquis, Xarelto, etc.):** Do not stop on your own. Contact our office at least two weeks before surgery so Dr. Batniji can coordinate the plan with your prescribing physician.
- **Insulin or oral diabetes medications:** The surgery center staff will provide guidance.
- **GLP-1 medications and peptide therapies (Ozempic, Wegovy, Zepbound, Mounjaro, semaglutide, tirzepatide, compounded peptides):** These medications slow stomach emptying and are **typically held one week before surgery and may be resumed 1 week after surgery.**
- **Blood pressure and heart medications:** Usually taken the morning of surgery with a small sip of water. Confirm with our office at your pre-op visit.
- **ADHD stimulants, SSRIs, anxiety medications, thyroid medications:** Most are continued as usual. Bring a complete list so we can confirm at your pre-op visit.

FOR PATIENTS OF CHILDBEARING POTENTIAL

Anesthesia and some medications used during and after surgery can harm a developing pregnancy. If there is any possibility you could be pregnant, please tell us — confidentially — before surgery. A urine pregnancy test may be performed on the morning of surgery per surgery center policy.

Call Us Right Away If You Develop...

- A cold, sore throat, cough, or congestion
- A fever
- Cold sores, fever blisters, or any rash or skin eruption on the face
- A new medication prescribed by another physician
- Any significant change in your health

These may require rescheduling for your safety.

A Quick Note on After Surgery

You will receive detailed post-operative instructions at your pre-operative visit. A few things worth flagging now:

- **No aspirin or NSAIDs for 2 weeks after surgery.** Avoid Motrin, Advil, Aleve, ibuprofen, and Excedrin — they can trigger bleeding during the early healing window. Tylenol (acetaminophen) is generally fine; confirm at your pre-op visit.
- **Narcotic pain medications often cause constipation.** Drink plenty of water, eat high-fiber foods, and consider starting a stool softener (Colace / docusate) the day of surgery. If you haven't had a bowel movement by day 2–3, add a gentle stimulant laxative (Dulcolax / bisacodyl) or osmotic laxative (Miralax). Call us if the problem persists or if you have abdominal pain.

Please also review ***Nutritional Supplements to Discontinue Before Surgery***, which lists specific supplements — including fish oil, turmeric, ginkgo, cannabis, GLP-1s, and others — that need to be managed before your procedure.

We look forward to caring for you. Please do not hesitate to reach out at **949.650.8882** (Newport Beach) or **310.467.2180** (Beverly Hills) with any questions at all — no question is too small.