



COSMETIC SURGERY

PRE-OPERATIVE INSTRUCTIONS

Please read these guidelines carefully. Following them closely helps ensure your safety and the best possible results. If anything is unclear, contact our surgical team.

Patient: Surgery date: Arrival time:

1 Before Your Surgery

- ✓ Do **not eat solid foods for the 8 hours before surgery**, unless your surgical team has given you different instructions.
- ✓ Do **not drink any liquids for 3 hours before surgery**.
- ✓ Do not consume alcohol before surgery.
- ✓ Do not smoke or use nicotine products, following the restrictions indicated by your surgeon.
- ✓ Do not take aspirin, ibuprofen (Advil/Motrin), naproxen (Aleve), or other medications or supplements that may increase bleeding risk, **unless your surgeon has approved that you may continue them**.
- ✓ Inform the surgical team about **all medications, vitamins, supplements, and diabetes or weight-loss injections** you use.
- ✓ If you develop a fever, infection, significant cough, difficulty breathing, chest pain, vomiting, diarrhea, or any new illness before surgery, contact your surgeon.

2 The Night Before

- ✓ Shower with **HIBICLENS** soap the night before surgery and again the morning of your appointment.
- ✓ Do not shave the area to be operated on, unless specifically instructed by your surgeon.
- ✓ Remove jewelry, piercings, and other metal objects, following the center's instructions.
- ✓ Prepare clean, comfortable, loose-fitting clothing for the day of surgery.
- ✓ Have your identification and any requested documentation ready.

3 The Day of Surgery

- ✓ Arrive at the time indicated by the surgical center.
- ✓ Do not use makeup, creams, lotions, perfumes, or cosmetic products, unless authorized by the surgical team.
- ✓ Do not bring valuables.
- ✓ Wear comfortable clothing that is easy to put on and take off.
- ✓ Take only the medications specifically authorized by your surgeon or anesthesiologist.
- ✓ You must have a **responsible adult available to take you home** after the procedure if you will receive sedation or anesthesia.
- ✓ Arrange in advance for any help you may need during the first hours after surgery.

Questions? If you have any doubts before your surgery, please contact our surgical team directly at **305.267.5317**. We are here to support you every step of the way.