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Cosmetic and Reconstructive Plastic Surgery
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PREPARING FOR YOUR LOCAL SURGICAL PROCEDURE

ANESTHESIA: Local Injection Only

Patients may require a medical assessment/clearance from their Primary Physician(s). If required, our clinical department will assist you with this process 2-4 wks prior to your procedure.

TWO WEEKS BEFORE SURGERY

- DO NOT plan dental appointments (including teeth cleaning) 2 wks before or after your surgery.
- STOP all aspirin products, NSAIDS (non-steroidal anti-inflammatory drugs)
- STOP smoking
- STOP alcohol
- STOP long periods of sun exposure (no sunburn)
- STOP green tea, fish oil, flax seed, all herbal supplements, vitamins, power drinks and diet supplements. These may cause increased bleeding
- **VERY IMPORTANT: Prescription medications given to you by other physician(s) must be evaluated before discontinuing. (Please call if any questions)**
- **BLOOD PRESSURE MEDICINE should always be taken as prescribed. Do Not Stop.**

DAY OF SURGERY

- Please do not skip meals prior to your procedure. Eat a light meal up to 1 hour prior to your appointment. **AVOID COFFEE AND CAFFEINE beverages.**
- Wear comfortable attire (open in front).
- Do not wear jewelry or make-up.
- Transportation may be required after your procedure. Please bring contact information and pharmacy phone number.
- Please be available for post-op appointments (approx. 1-2 weeks after surgery)

PLEASE NOTIFY THE OFFICE

- **If any changes in your health, medications, and or allergies (*very important)**
- If any changes in your insurance company or policy
- **If you have a planned trip/vacation before or after your surgery**

Note: Please be prepared to complete your financial obligations at this visit.

If you have any questions, please call our office **(562/595-6543)** and ask for the clinical department.

Thank you.