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PLASTIC SURGERY  
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## **HOW TO PREPARE FOR SURGERY**

**\*\*\*DO NOT plan on leaving town on a trip or vacation 2 weeks prior to surgery or 4 weeks after surgery. \*\*\***

1. Patients may require a medical assessment/clearance from their physician(s). If a clearance is necessary, your Primary Care Physician is required to make this assessment/clearance.  
*Our Clinical Department will assist you with this process prior to your pre-op appointment.*
2. **TWO WEEKS BEFORE SURGERY**
  - STOP all aspirin products
  - STOP Smoking
  - STOP Alcohol
  - STOP long periods of sun exposure (no sunburn)
  - STOP dental cleaning appointments (unless instructed by your surgeon).
  - STOP all herb supplements, (including green tea), vitamins, power drinks & diet supplements. (These may cause increased bleeding.)
  - **VERY IMPORTANT** : Prescription medications given to you by your personal physician must be evaluated before discontinuing. **NEVER STOP BLOOD PRESSURE MEDICATION.**
3. The PRE-OP visit in our office will take approximately 1 hour. In addition, you may also be required to pre-op at hospital on the same day, please allow 2 or more hours for the hospital pre-op.
4. If you are having facial surgery - DO NOT wear any make-up to your pre-op visit, or be prepared to remove your make-up before you see the doctor and reapply after.
5. **PLEASE BRING TO YOUR PRE-OP VISIT**
  - \* Your current insurance card.
  - \* Name and phone numbers of the person caring for you after your surgery.
  - \* Pharmacy phone number.
  - \* Email address that we may use to contact you if necessary.
  - \* Current list of medications including dosage and frequency.
6. **Be prepared to complete your financial obligations at your pre-op visit.**

Thank you for your cooperation in preparing you for a safe surgery. Please contact our Clinical Department if you have any questions.