



SURGERY INSTRUCTIONS

Patient: _____ MR# _____

Surgery date: _____

Cosmetic Surgery Clinics

31542 Pacific Coast Hwy.

Laguna Beach, CA 92651

Telephone: (949) 499-3915

ONE MONTH PRIOR TO SURGERY

1. STOP SMOKING 2 weeks prior to surgery. You may resume smoking 4 weeks after surgery.
2. NO Aspirin or Ibuprofen containing medications. (See attached list). Please notify our staff of all medications you are taking. You may take these medications 2 weeks after surgery.
3. Begin taking VitaMedica AM/PM Clinical support vitamins two weeks prior to surgery. Begin taking VitaMedica Bromelain Capsules 3 days prior to surgery and continue after surgery. Follow directions on the box/bottle.
4. NO alcoholic beverages permitted 1 week before and 1 week after surgery.
5. Please arrange for transportation to and from the clinic on the day of surgery. Please leave name and telephone number with the staff. Transportation arrangements may also be necessary for postoperative visits.
6. An adult must stay with you for a minimum of 24 hours after surgery. This person must be comfortable with any postoperative care such as: changing drainage tubes, administering medication or applying antibacterial ointment to incisions. Please advise our office manager as to the name & phone number of your caretaker.

DAY BEFORE SURGERY

1. Please contact Cosmetic Surgery Clinics at 949-499-3915 on the business day prior to your surgery before 4 p.m., for instructions and confirmation of time.
2. Nothing to eat or drink after midnight the night before surgery, unless otherwise indicated.
3. Please wash your hair and face with Neutrogena Soap and/or Shampoo the night before your surgery.
4. Please leave all valuables at home. The surgical facility is not responsible for them.

DAY OF SURGERY

1. Wear loose comfortable clothing: sweats with a zipper or button up shirt (nothing that needs to be pulled over your head), tennis shoes/slippers, socks. Do not wear high heels.
2. If you wear partials / dentures, please be sure to wear them the day of surgery.
3. If you use an inhaler please bring it with you on the day of your surgery.
4. DO NOT wear contact lenses. You may bring your glasses.
5. Do NOT wear make-up or hair spray to surgery. Remove nail polish and acrylic nails from both of your index fingers.
6. Please bring medications for high blood pressure, diabetes or any medical condition with you.
7. LIPOSUCTION patients: Bring an old sheet or towel to line your car seat.

AFTER SURGERY

1. If you develop any signs of infection: fever, pustules or boils on your face or body, please notify the office immediately.
2. You may have soft mild food and beverages the first night after surgery as tolerated unless otherwise instructed. Avoid spicy food, chocolate, coffee and any caffeine containing beverages. We recommended eight 8 oz. glasses of water or Ginger-ale per day, and a diet of toast, apple sauce, rice, and/or oatmeal.
3. Use prescriptions as directed.
4. You will not be able to drive while under prescribed pain medication. You will need to make arrangements for transportation to the office for your first postoperative visit.
5. If you are planning to stay at the office following your surgery, you must provide your own food and beverages.
6. For questions concerning your skin care and cosmetic application following surgery, a professional aesthetician is available to see you at our office by appointment only. Please contact our office if you wish to make an appointment.

PLEASE NOTE THE FOLLOWING ITEMS IF THEY HAVE BEEN CHECKED:

- In preparation for the facelift procedure, please choose a longer hair style that will cover your neck and ears during your recovery time. Short hair is not desirable. Do not perm or color hair in the week prior to surgery.
- Facial surgery patients: Bring a large scarf or hooded sweatshirt with you the day of surgery.
- Review specific post-op instructions.

Date: _____ Patient: _____ Instructed by: _____