

Pre-Operative Instructions All Facial Cosmetic Procedures

1. Do not take aspirin or any drug that increases bleeding 2 (two) weeks before your procedure. If in doubt call our office. Also avoid herbal products such as Gingko, Garlic, or Ginseng. All of these products can be resumed 2 (two) weeks after procedure. The following are only a few of many compounds to be avoided:

Aleve, Advil, Alka-seltzer, Anacin, Anaprox, Bayer, Aspirin tablets, BC powder and tablets, Bufferin, Butalbital, Darvon, Dristan, Duragesic, Ecotrin, Excedrin, Florinol, Goody's, Ibuprofen, Indocin, Midol Motrin, Naprosyn, Norgesic, Nuprin, Pamprin, Peptobismol, Percodan, Supac, Triaminicin, Voltaren, Zomax

If you must take something for relief of headache, cramps, backache, etc., please take Tylenol (as directed) for the two (2) weeks before and after procedure.

2. Do not eat or drink anything 8 (eight) hours before your procedure if you are having IV sedation or general anesthesia.

3. If you take daily medications (example: heart, blood pressure, etc.) go ahead and take them as you usually do but only use small sips of water to swallow them.

4. The night before and the morning of your procedure wash your face, body, and hair with an antibacterial soap such as Dial Antibacterial or Lever 2000, etc. Baby shampoo can also be used.

5. Brush your teeth, scrape your tongue and use mouthwash.

6. DO NOT wear any skin products, moisturizers, makeup, lipstick, eyeliner, hair spray, and nail polish or fragrances from neck up.

7. Patients with long hair should wear it back.

8. Remove ALL jewelry and leave it at home.

9. Wear "couch potato" clothing, sweats or PJ's and avoid from wearing pull over tops (button up or zip-up shirt)

10. Wear shoes that are easy to remove and put on, and have a good sole.

11. Remind your doctor and staff of any special concerns or conditions.

PRIOR TO ANY-PROCEDURE AVOID THINGS THAT CAUSE YOU TO BLEED, BRUISE, OR CAUSE COMPLICATIONS WITH PROCEDURE OR ANESTHESIA.

2 TO 3 WEEKS BEFORE PROCEDURE AVOID:

1. Anything with **ASPIRIN** (Excedrin, Fiorinal, etc.) If you've been on an 'aspirin a day' program, preferably be off of it at least one month.
2. **Non-Steroid Anti-Inflammatory Drugs – (NSAID's)** like Daypro, Naprosyn, Lodine, Nuprin, Motrin, Aleve, Ansaïd, Celebrex, etc. People take these for bad backs, tennis elbow, etc. Check with your pharmacist if you are not sure.

2 WEEKS BEFORE PROCEDURE AVOID::

1. High dose **Vitamin E Capsules** (over 800 Units a day)
2. **NO DIET PILLS** – prescription or over the counter

1 WEEK BEFORE PROCEDURE, AVOID:

1. **Chronic Antihistamines** (Claritin, etc.)
 2. **Ibuprofen** (Advil is fine until 5 days prior to procedure)
- * **TYLENOL IS FINE ALL THE WAY THROUGH PROCEDURE.** Make sure not to mix with drowsy-type antihistamines.