

## ***Before Your Surgery*** **Pre-Op Instructions**

1. Make sure you have breakfast, whatever you would eat as a normal routine.
2. Take daily prescribed medications as directed.
3. Stop aspirin or baby aspirin three (3) days prior to surgery. To reduce bleeding. If the aspirin has been prescribed by your MD, please consult with him/her prior to stopping any medications.
4. Stop taking any other “natural remedies” that may thin your blood. This should also be stopped three (3) days prior to surgery.
5. If you take blood thinners; ie: Coumadin, Aggrenox, Warfarin – we usually ask you to stop 3-5 days prior to surgery, but each patient should check with **your primary care physician** for specific instructions about discontinuing any medications.
6. Wear comfortable clothing, preferably in layers, in case you get too warm or cold.
7. If you would prefer to listen to headphones with music, you may want to bring your favorite music. CD's, iPod, MP3 player. For your convenience, we also have a CD player available, with a small selection of CD's.
8. You will want to have soft foods available for after the surgery. Some people prefer to have liquid meals, such as *ensure* or *boost* available.
9. We recommend ice to be applied to the face immediately after the surgery and for the first day. You may find it easier to have available a bag of frozen peas or corn to use because it conforms to the face easier than the ice cubes.
10. We are always available to answer your concerns and to help you prepare for your surgical procedure. Please let us know what we can do to make this visit as comfortable as possible.