

# DeVito Plastic Surgery Center

## PRE-OPERATIVE PATIENT INSTRUCTIONS

Patient: \_\_\_\_\_

*\*\*Please review & follow these instructions in preparation for your surgery. It is advised that your caregiver also clearly understands these instructions.\*\**

### 6 weeks prior to surgery:

- You must be nicotine free for 6 full weeks prior to your surgery.** This includes cigarettes, cigars, chewing tobacco, nicotine cessation patches, gum, etc. **Nicotine in any form could cause severe postoperative complications!**

### 2 weeks prior to surgery:

- Please provide complete and accurate information concerning your medical history, past and present, including medications, vitamins, herbal supplements, medication allergies, past surgeries, etc. at the time of your pre-op appointment.
- Avoid taking any **aspirin, aspirin containing analgesics, Motrin, Advil, ibuprofen** and other medications for headaches and arthritis for two weeks prior to your surgery and one week after your surgery. **Tylenol (acetaminophen) is permitted.**
- Certain vitamins, minerals and herbal supplements will need to be discontinued 2 weeks prior to surgery as well. **Avoid taking any Vitamin E or Garlic supplements two weeks prior to your surgery.** Any questions regarding this may be addressed at your pre-op appointment.
- Dr. DeVito strongly recommends that you purchase over the counter herbal supplements **Arnica Montana** and **Bromelain** to help reduce bruising and swelling. **These supplements must be taken according to the manufacturer's instructions.** These products are available for purchase in our office.

### 3 days prior to surgery:

- No alcohol consumption.**

### Night before surgery:

- Nothing to eat or drink after Midnight!!**

### Surgery Day:

- Shower with antibacterial soap. Do not use any styling products in your hair and do not wear any cosmetics or apply any lotions or toners to the face. Do not wear contact lenses.
- Please leave all valuables at home including jewelry and handbags.**
- Wear something loose and comfortable. Shirts or dresses should close in the front. Pants should have an elastic waist. Clothing worn the day of surgery may become stained and should preferably be dark.
- Written **prescriptions will be provided the day of surgery at the surgery facility.**
- You will need to arrive at the surgery facility 2 hours prior to your scheduled surgery time.**
- You will need to arrange for an adult (of at least 18 years of age) to pick you up after your surgery and to supervise your recovery for **the first 24 hours following your surgery.**

**Please call our office with any questions you may have before or after your surgery at 480-889-3000.**

I have read and fully understand the pre-operative instructions. My caregiver will also review these instructions and understands to contact your office with any questions or concerns.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_