

Surgery Instructions

1. **NO** aspirin or medicines containing aspirin for 3 weeks before surgery since it interferes with normal blood clotting (i.e., **no** Alka-Seltzer, Anacin, Ascriptin, BC, Bufferin, Cheracol, Triaminicin, Vanquish, etc). If needed, use Tylenol instead. If you have any doubt, please call the office.
2. Absolutely **NO** diet pills for one more before surgery as it can cause problems with your heart and/or blood pressure during surgery. Diet pills also include herbal weight loss products and weight training drugs. (i.e., **no** Phen/Feb, Natural Slim, Natural Trim, Metabolife, anything with Ephedra, Ephedra root, or Mau Huang, etc.). Please inform the staff immediately if you are taking any of these or any other kind of diet pills.
3. **NO** vitamin E for two weeks prior to surgery as it may also interfere with the clotting process. Also, **no** cough or cold medicines are to be taken one week beforehand.
4. **Do not** take or smoke any intoxicating substances or drugs for three weeks prior to your surgery date.
5. Smokers must stop smoking three weeks before surgery to reduce postoperative complications caused by smoking.
6. Report any signs of a cold, fever, infection, boils or rashes appearing three weeks before surgery. Such complications could drastically hinder the healing process and hence results.
7. Arrange for someone to drive you to your home or hotel after surgery. You **CANNOT** drive yourself after surgery.
8. Arrange for someone to spend the first two days with you.
9. If you have any questions before your operation, please call our office weekdays between 8:00am and 5:00pm.

NIGHT BEFORE SURGERY:

1. **ABSOLUTELY NO FOOD OR DRINK AFTER 12:00 MIDNIGHT!**
2. Bathe or shower (either the night before or day of surgery)
3. If you are undergoing a procedure involving the face, **do not** wear make-up.
4. **Do not** take any medication of any kind (except what has been prescribed for you, by Dr. Poser). Your preoperative medications will be given to you upon arrival.

DAY OF SURGERY:

1. Remove your contact lenses before surgery.
2. **Do not** wear any jewelry the day of surgery.
3. Wear warm, comfortable, loose fitting clothing (i.e., **no** jeans or panty hose). Wear shirts that **do not** have to be put over your head (i.e., button-down or zipper). Wear socks. If you wear all cotton underwear, socks and pants, then you may keep them on for certain procedures.
4. Leave all valuables with your driver.
5. If you are having a procedure involving your breasts, **do not** wear any underarm deodorant.
6. You **MUST** have a responsible adult to drive you home after your surgery. Upon your arrival at the office, give the secretary your driver's name and phone number, as well as the phone number where you will be the night after surgery.

AFTER YOUR SURGERY:

1. Bed rest with pillows for 24 hours.
2. You **MUST** have a responsible adult spend the first two days with you. Additional instructions and prescriptions can be given to the person caring for you. Such prescriptions should be filled promptly.
3. You may go to the bathroom with assistance as needed.
4. Take medications according to the instructions on the bottle. If taking strong narcotics (Mepergan Fortis, Percocet, Demerol, Tylox or Dilaudid) or if other pain medications make you feel "spacey" or drowsy, then have a responsible adult give you your medications according to the proper time intervals. Under such circumstances, you could forget and take them too often.
5. Use ice packs as much as possible for the first 48 hours. Place ice packs on affected area for 20 MINUTES then off for 30 MINUTES intervals. Frozen peas work great.
6. The most common post-operative problem is bleeding; therefore, **do not** do anything strenuous until at least your 1st post-operative visit and then ask Dr. Poser about activities.
7. Make sure you received a post-operative instruction sheet specific to your surgery.

BELOW IS A LIST OF SUPPLIES THAT MAY BE HELPFUL TO HAVE ON HAND PRIOR TO SURGERY

1. GAUZE
2. MEDICAL TAPE
3. BAND-AIDS
4. NEOSPORIAN/ANTIBACTERIAL OINTMENT
5. HEATING PAD OR RE-USABLE COLD GEL PACKS
6. POSSIBLE EXTRA GARMENTS/GIRDLES