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First Name Last Name

Scheduled on 7/1/2017

## PREPARING FOR SURGERY

### STARTING NOW

- **STOP SMOKING:** Smoking reduces circulation to the skin, impedes healing, and may increase your scarring.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- **VITAMIN E:** Stop taking Vitamin E, as it can also cause excessive bleeding.
- **FILL YOUR PRESCRIPTIONS:** You will be given prescriptions for medications. Please have them filled before the day of surgery and bring them with you.

### ONE WEEK BEFORE SURGERY

- **CLEANSING** Shower and wash the surgical areas with an antibacterial soap such as Dial (avoiding use on your eyes).
- **TANNING** One week before surgery avoid all tanning, including spray tan, tanning beds, etc.
- **WORKING OUT** Specifically for breast procedures, avoid chest muscle workouts one week prior to surgery.  
Specifically for abdominal procedures, avoid abdominal workouts one week prior to surgery.

### TWO DAYS BEFORE SURGERY

- **PREPARING THE SURGICAL AREA** Carefully shave all excess hair from the surgical site and surrounding areas. Be careful not to nick or cut your skin.

#### FOR EXAMPLE:

Breast augmentation patients need to shave the underarm area.

Abdominoplasty and liposuction patients needs to shave the pubic region.

Men undergoing facial surgery need to shave the cheeks and chin. (Women undergoing facial surgery do not need to shave).

- Remove all nail products, including acrylic nails, gel, and nail polish (from right and left point fingers and thumbs).

### THE DAY BEFORE SURGERY

- **CONFIRM SURGERY TIME:** We will call you to confirm the time of your surgery. If you are not going to be at home or at your office, please call us at 916-780-5477 to confirm and to let us know where you can be reached.
- **PRESCRIPTIONS:** Make sure that you have filled the prescriptions you were given and set the medications out to bring with you tomorrow.
- **EATING AND DRINKING:** Do not eat or drink anything 8 hours prior to your scheduled surgery time. This includes water.

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THE MORNING OF SURGERY

- SPECIAL INFORMATION: Do not eat or drink anything. If you take a daily medication, you may take it with a sip of water in the early morning.
- ORAL HYGIENE: You may brush your teeth but do not swallow the water.
- CLEANSING: Shower and wash the surgical areas again with Dial soap (avoiding use on your eyes). Patients undergoing abdominal procedures, carefully clean the inside of your belly button using the same Dial soap and a Q-tip.
- MAKE-UP: Please do not wear moisturizers, creams, lotions, or makeup.
- CLOTHING: Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you. All body piercings must be removed. Bring your reading glasses or contacts with you as well as your glass or contacts case.
- CHECK IN/PREPARATION: Your surgery is scheduled to begin at 8:30 AM.

Your surgery is scheduled to take place at the Lee Institute Of Plastic Surgery.

For surgeries taking place at the Lee Institute of Plastic Surgery, you will be advised to arrive 30-60 minutes before the start time above.

Your arrival time is subject to change with any changes in the daily schedule. Please bring your prescription medications with you.

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## Medications to Avoid Before and After Surgery

If you are taking any medications on this list, they should be discontinued one month prior to surgery, as well as 2 weeks after surgery. Prior to surgery, Tylenol should be taken for pain. All other medications that you are currently taking must be specifically cleared by your Dr. Lee prior to surgery.

### Aspirin Medications to Avoid

4-Way Cold Tabs	5-Aminosalicylic Acid	Acetilsalicylic Acid
Adprin-B products	Alka-Seltzer products	Amigesic
Anacin products	Anexsia w/Codine	Argesic-SA
Arthra-G	Arthriten products	Arthritis Foundation products
Arthritis Pain Formula	Arthritis Strength BC Powder	Arthropan
ASA	Asacol	Ascriptin products
Aspergum	Asprimox products	Axotal
Azdone	Azulfidine products	B-A-C
Backache Maximum Strength Relief	Bayer Products	BC Powder
Bismatrol products	Buffered Aspirin	Bufferin products
Buffetts 11	Buffex	Butal/ASA/Caff
Butalbital Compound	Cama Arthritis Pain Reliever	Carisoprodol Compound
Cheracol	Choline Magnesium Trisalicylate	Choline Salicylate
Cope	Coricidin	Cortisone Medications
Damason-P	Darvon Compound-65	Darvon/ASA
Dipentum	Disalcid	Doan's products
Dolobid	Dristan	Duragesic
Easprin	Ecotrin products	Empirin products
Equagesic	Excedrin products	Fiorgen PF
Fiorinal products	Gelpirin	Genprin
Gensan	Goody's Extra Strength Headache Powders	Halfprin products
Isollyl Improved	Kaodene	Lanorinal
Lortab ASA	Magan	Magnaprin products
Magnesium Salicylate	Magsal	Marnal
Marthritic	Meprobamate	Mesalamine
Methocarbamol	Micrainin	Mobidin
Mobigesic	Momentum	Mono-Gesic
Night-Time Effervescent Cold	Norgesic products	Norwich products
Olsalazine	Orphengesic products	Oxycodone
Pabalate products	P-A-C	Pain Reliever Tabs
Panasal	Pentasa	Pepto-Bismol
Percodan products	Phenaphen/Codeine #3	Pink Bismuth
Propoxyphene Compound products	Robaxisal	Rowasa
Roxeprin	Saleto products	Salflex
Salicylate products	Salsalate	Salsitab

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## Medications to Avoid Before and After Surgery

Scot-Tussin Original 5-Action  
Sodium Salicylate  
St. Joseph Aspirin  
Suprax  
Triaminicin  
Tussanil DH  
Vanquish  
Zorprin

Sine-off  
Sodol Compound  
Sulfasalazine  
Synalgos-DC  
Tricosal  
Tussirex products  
Wesprin

Sinutab  
Soma Compound  
Supac  
Talwin  
Trilisate  
Ursinus-Inlay  
Willow Bark products

### Ibuprofen Medications to Avoid

Actron  
Aleve  
Cataflam  
Diclofenac  
Etodolac  
Flurbiprofen  
IBU  
Ibuprohm  
Indomethacin products  
Lodine  
Mefenamic Acid  
Motrin products  
Naprelan  
Naproxen  
Orudis products  
Piroxicam  
Relafen  
Sulindac  
Tolmetin

Acular (ophthalmic)  
Anaprox products  
Clinoril  
Dimetapp Sinus  
Feldene  
Genpril  
Ibuprin  
Indochron E-R  
Ketoprofen  
Meclofenamate  
Menadol  
Nabumetone  
Naprosyn products  
Nuprin  
Oruvail  
Ponstel  
Rhinocaps  
Suprofen  
Toradol

Advil products  
Ansaid  
Daypro  
Dristan Sinus  
Fenoprofen  
Haltran  
Ibuprofen  
Indocin products  
Ketorolac  
Meclomen  
Midol products  
Nalfon products  
Naprox X  
Ocufen (ophthalmic)  
Oxaprozin  
Profenal  
Sine-Aid products  
Tolectin products  
Voltaren

### Other Medications to Avoid

4-Way w/ Codeine  
Accutrim  
Anisindione  
BC Tablets  
Contac  
Dicumerol  
Emagrin  
Fragmin injection  
Hydrocortisone

A.C.A.  
Actifed  
Anturane  
Childrens Advil  
Coumadin  
Dipyridamole  
Enoxaparin injection  
Furadantin  
Isollyl

A-A Compound  
Anexsia  
Arthritis Bufferin  
Clinoril C  
Dalteparin injection  
Doxycycline  
Flagyl  
Heparin  
Lovenox injection

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Macrochantin	Mellaril	Miradon
Opasal	Pan-PAC	Pentoxifylline
Persantine	Phenylpropanolamine	Prednisone
Protamine	Pyroxate	Ru-Tuss
Salatin	Sinex	Sofarin
Soltice	Sparine	Stelazine
Sulfinpyrazone	Tenuate	Tenuate Dospan
Thorazine	Ticlid	Ticlopidine
Trental	Ursinus	Vibramycin
Vitamin E	Warfarin	

### Tricyclic Antidepressants Medications to Avoid

Adapin	Amitriptyline	Amoxapine
Anafranil	Asendin	Aventyl
Clomipramine	Desipramine	Doxepin
Elavil	Endep	Etrafon products
Imipramine	Janimine	Limbitrol products
Ludiomil	Maprotiline	Norpramin
Nortriptyline	Pamelor	Pertofrane
Protriptyline	Sinequan	Surmontil
Tofranil	Triavil	Trimipramine
Vivactil		

### Herbal Medications to Avoid

Diet Pills	Energy Drinks	Energy Pills
Ginkgo Biloba	Ginseng	St. John's Wort

### Most Commonly Used Medications/Foods Medications to Avoid

5-hour Energy	Advil	Bayer
Biotin	Bufferin	Coconut Water
Excedrin	Fish Oil	Flaxseed
Ginger	Go Girl	Meal Replacement Shakes
Motrin	Multi-Vitamin	Mushrooms
Omegas (3 or 7)	Protein Bars/Shakes	Red Bull
Tea/Green Tea	Tumeric	

### Avoid 3 Days Prior to Surgery Medications to Avoid

Alcohol	Caffeine	Garlic
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