

## PRE-OPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

- Your surgery will be performed as an outpatient at our surgery center or at the outpatient surgery facilities of a designated hospital.
- You may be asked to have lab work done prior to surgery. If necessary, please have any tests performed two weeks prior to your surgery date, unless instructed otherwise.
- In order to help diminish the amount of swelling and discoloration following surgery, we request that you purchase several items at your local drug store and taken them as follows:  
1) Multivitamins (to be taken twice daily) and 2) Vitamin C 500mg (to be taken twice daily)

Start these approximately one week prior to your surgery. If you were prescribed any antibiotics, please start 24 hours prior to surgery. If you received additional prescriptions please begin taking them as prescribed.

- Do not take Vitamin E in large doses, Aspirin (acetylsalicylic acid) or products containing aspirin (Bufferin, Anacin, Empirin, Excedrin, Florinal, Darvon Compound, etc.) two weeks prior to, or two weeks following, your operation. We will be happy to prescribe a pain reliever that does not contain aspirin should you require one (Tylenol or Percogesic may be purchased without a prescription). In addition, discontinue using any anti-inflammatory medicines such as Ibuprofens at least 2 weeks prior to surgery.
- Please contact us immediately for instructions if you develop a cold, sore throat, fever blister, or any skin eruption of the face. None of these necessarily means that your surgery will have to be postponed but we may wish to give you additional instruction.
- Wash your hair thoroughly the night before or am of your surgery. **DO NOT** reapply hairspray. Please come to surgery with fresh, clean hair
- Men should shave closely the day surgery, particularly in the upper lip area, unless instructed otherwise.
- **DO NOT** eat or drink anything after midnight, unless otherwise instructed.
- **DO NOT** smoke one month before or after surgery. This includes the use of Nicotine gum or a Nicotine patch. This will affect the healing process.
- **DO NOT** drink alcohol one week prior to surgery. **DO NOT** drink alcohol for 48 hours following surgery.

**Mark M. Hamilton, M.D., FACS**

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- You should have someone drive you to the surgery center or hospital the morning of the surgery and arrange for someone to pick you up and stay with you the night after the surgery. We will be happy to arrange a nurse to stay with you if needed. **It is imperative that you not be alone following surgery.**
- **You will be scheduled for post-surgery appointments 1 day after surgery and 1 week after surgery. There may also be added appointments within the 1<sup>st</sup> week after surgery. You will need a driver for these appointments. Please do not plan to drive yourself to these appointments.**
- Please wear, on the upper half, a shirt that buttons or zips down the front the day of surgery. All outer clothing will be removed and you will be given a surgical gown to be worn during surgery. It will make it easier not to loosen any bandages that you may have from surgery.
- On the day surgery please remove make-up, false eyelashes, wigs, hairpieces, and jewelry before arriving at the surgery center or hospital. If you wear dentures or contacts, these need to be removed.
- You may bring a scarf, sunglasses, or other article to cover the dressings when you leave the office. Please only bring your photo ID and cell phone. If your surgery case involves insurance, please bring your insurance card. Please don't bring money, purses, make-up or jewelry.
- Do not have a hair coloring or permanent 7 days prior to or 4 weeks following surgery.
- **PLEASE contact us immediately if you should need to postpone your surgery** so that we may have the opportunity to allow someone else your time.
- Please keep these suggestions and feel free to call the office should you have any questions. Written post-operative instructions will be given to you following surgery. Be assured that we will do everything possible to make your surgical experience as convenient and comfortable as possible.

*Mark M. Hamilton, M.D., F.A.C.S.*

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Signature

Printed Name

Date