Graper • Harper
Cosmetic Surgery

Garrett Harper, MD • **Evon Zoog**, MD

Preoperative Instructions

1. You may have **NOTHING** to eat or drink after 12:00 midnight the night before surgery (or **AT LEAST** 8 hours prior to surgery). This includes water, hard candy, chewing gum, etc.
2. Avoid aspirin and aspirin containing products for two weeks prior to surgery. This includes Ibuprofen, Motrin, Advil, Aleve, or any other types of NSAIDS. If in doubt, check the label, consult your physician or your pharmacist. You may take Extra Strength Tylenol if you need something for pain.
3. Also, at two weeks, please avoid any of the natural supplements list here **OR ANY OTHERS** that you might take. (other than Arnica Montana.) List: St. John's Wort, yohimbe, gingko biloba, ginger, garlic, cayenne, bilberry, ginseng, melatonin, echinacea, aloe and PC-SPES (used for prostate cancer.).
4. One week pre-op you need to discontinue multi-vitamins and vitamin E.
5. If you take blood pressure medications, heart medications, antibiotics, insulin or oral antidiabetics, please bring these medications with you the morning of surgery. We will administer the medications as needed or as prescribed. Also bring your post-op prescriptions with you the day of surgery (already filled).
6. **NO ALCOHOL** for 48 prior to surgery hours as it interferes with medication used during surgery. Usage may result in cancellation of your surgery.
7. Take a shower and wash your hair prior to surgery. **DO NOT** use hair spray, mousse, gel, body lotions, underarm deodorant, etc. **DO NOT** wear make up or contact lenses to surgery. Do not wear colored fingernail polish. You may wish to wear socks during surgery. Wear something comfortable such as a jogging suit, slip on pants, a shirt that either zips or buttons all the way down the front. You may either have a head dressing for facial surgery or not be able to raise your arms due to breast surgery. Slip on shoes are best if you have them.
8. Do not wear jewelry of any kind to your surgery appointment. You will not need it and we do not want you to take the chance of losing any jewelry items.
9. Someone will need to take you home and stay with you the day of surgery. You will need help getting up to go to the bathroom and following post-op instructions.
10. Dr. Harper or Dr, Zoog will call you the night of your surgery to check on you.
11. Face/neck lift patients need to bring a bath towel with them to surgery.

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