Preoperative Instructions: Please refer to this guide as a checklist as you approach your scheduled surgery date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your scheduled surgery may be postponed temporarily or permanently.

Medications: There will be 3 medications called into your pharmacy the Friday prior to your surgery: an Antibiotic, a Pain Reliever, and a Sedative. Please start the antibiotic 24 hours prior to surgery and continue as directed. Please bring ALL medications to surgery.

Please stop the use of the following medications 2 weeks prior to surgery: Aspirin and medication containing Aspirin, Ibuprofen and anti-inflammatory agents, Fish Oil, FlaxSeed, Vitamin E, GreenTea, St John’s Wort, Omega3, and all other medications listed on attached sheet.

Supplies needed at home before surgery: Sterile Gauze: 4x4, Surgical tape, Bandages, Waterproof Bandages, Antibiotic Ointment- Neosporin, Arnica Cream or Gel (for bruising and pain), Extra Strength Tylenol or Motrin (post op only), Ice Packs, and Maxi Pads for incision sites.

1-2 Weeks Prior to Surgery: Drink plenty of fluids and stop smoking at least 2 weeks prior to surgery. Smoking can greatly impair your ability to heal. You must also be free of any nicotine patch or nicotine-based products at 2 weeks prior to surgery. Please advise our office of any serious illnesses or changes in your health IMMEDIATELY.  

Preoperative Testing: Make certain to schedule all preoperative testing and clearance that has been advised by doctor ahead of time. Fat Transfer Instructions: If you are having fat transferred to the buttocks, breast, or face please keep in mind that you will NOT be able to compress that area nor be able to sit with weight on that area for 4 weeks following surgery. We advise the use of the Brazilian Butt Lift pillow for BBL. Please Plan for someone to help assist and care for you at least 24 hours following your scheduled surgery. Avoid Sun Exposure: Sun damaged skin can produce a higher risk of irregular scars and/or cause pigmentation irregularities following surgery. Relax: Please make sure to relax. Stress and anxiety can affect the surgical process. Although anxiety is common, any serious stress or distress over the thought of surgery must be discussed with our doctor and staff prior to your scheduled surgery. Our staff is here to support you and answer any questions or concerns that you may have.

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1 week prior to surgery: Please confirm your day of surgery plans. This includes your means of transportation and after-care help. Review your prescription orders and instructions. Purchase medical supplies prior to surgery date. Confirm all lab results if you were advised by Dr. to have tests taken. Confirm all paperwork. NO smoking or alcohol intake. Relax- Please call our office for any questions or concerns leading up to your scheduled surgery.

Surgery Day: Please bring the following with you to surgery: all medications you are currently taking, your post surgical garment, and a form of ID. Do not wear jewelry, body piercings, or nail polish/acrylic nails. Please wear comfortable, clean, loose-fitting clothes. Do not wear jeans or any tight fitting clothing. (If you use the following, take blood pressure medication and beta-blockers in the morning). Eat a light meal prior to surgery.

Medications To Avoid Prior To Surgery

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