

## Pre-op Instructions:

1. Please report to the surgery center at least 1 - 1 1/2 hours prior to surgery on the said date.
2. DO NOT EAT OR DRINK ANYTHING, not even water, after midnight of the night before your surgery, unless your physician or anesthesiologist instructs you otherwise.
3. If you take routine medications, please ask the anesthesiologist for special instructions for the morning of your surgery.
4. Do not chew gum, eat mints or use any tobacco products the morning of your surgery.
5. You may brush your teeth, bathe or shave the morning of your surgery.
6. Please leave all jewelry, cash, and other valuables at home or with your family. We cannot and will not be responsible for them.
7. Eyeglasses, contact lenses, dentures, removable bridgework and other prosthesis must be removed before surgery and preferably left with the person accompanying you to the surgery center. We cannot assume any responsibility for such loss.
8. Wear loose, comfortable clothing the day of your surgery so that it will be easy for you to change into and out of a hospital gown. (i.e. a button up shirt or zip up jacket)
9. Remove nail polish and do not apply make up before surgery. Hair pieces and hair clips must also be removed.
10. If you are having general or regional anesthesia or any form of sedation, you MUST have a responsible adult available to drive you home from the facility once you are dismissed.
11. If you are having a breast augmentation, breast reduction or mastopexy you will need to purchase either a Playtex 18 Hour Bra or a Playtex Cross Your Heart Bra to bring with you to your post-op appointment.
12. If you are having an abdominoplasty or liposuction you will need to purchase a second girdle after you have had your procedure.
13. If you had drains put in after surgery, please remember to bring your drainage form with you to your post-op appointment.

## Additional Instructions:

Please Note: After your procedure, Dr. Gracia will instruct YOU to contact our office to schedule a post op appointment for a specific date. Please call our office at your earliest convenience, so that we may assist you in scheduling this appointment.

Walter D. Gracia, MD, PA  
BOARD CERTIFIED  
(817) 331-8450  
graciaplastics@tulleon.com