



# Cosmetic Surgery Pre-Operative Instruction

## Countdown to Surgery!

### *TWO WEEKS BEFORE SURGERY:*

- Laboratory tests and EKG (if they are required) must be done. If you are having your preoperative testing at a lab other than our office, you are responsible for having the written results of this testing arrive at our office one full week before surgery.
- For those having surgery to the breast, a Mammogram is required.
- **For women: SURGERY WILL NEED TO BE CANCELLED IF THERE IS ANY CHANCE THAT YOU ARE PREGNANT.**
- All fees are due, including surgical, facility and anesthesia unless insurance is covering your costs at 100% and you have *met your deductible/co-insurance* portions. Please contact Connie, our billing manager, should you have any further questions at 512-436-9986.
- Do not take any products containing aspirin, ibuprofen (Advil, Motrin), non-steroidal anti-inflammatory medication or Vitamin E. It is ok to take Tylenol/Tylenol products (acetaminophen).
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew, e-cigarettes, Vape or Nicotine patch. Nicotine interferes with healthy circulation and may affect the healing of your surgery. It also places you at higher risk of complication when receiving anesthesia.

### *ONE WEEK BEFORE SURGERY:*

- Do not drink alcohol 1 week before and after surgery.
- Please ensure that all laboratory tests and/or blood work has been completed by this time as ordered by Dr. Ditto.

### *DAY BEFORE SURGERY:*

- You will receive a phone call informing you of your arrival time and any specific hospital instructions pertaining to your surgery.

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** (This includes water and gum chewing). Surgery may be cancelled if this is not followed. The only exception is medication, which is discussed with you at your pre-op appointment.



YOUR COMPREHENSIVE SURGICAL SOLUTION  
GENERAL, COSMETIC AND BARIATRIC SURGERY

*DAY OF SURGERY:*

- Go to your designated surgery center or hospital.
- You may shower and shampoo the morning of surgery. Do not wear makeup, hair sprays or gels or nail polish. You may leave acrylic nails on.
- Please wear loose fitted clothing.
- Do not wear jewelry or bring valuables to surgery. All piercings must be removed.
- If you have your menstrual cycle, please wear a feminine napkin. Do not wear a tampon.
- Wear the style of panty or bathing suit bottom that you will be wearing after you recover from your procedure. This is necessary in order for Dr. Ditto to place as much of your incision within your panty line as possible.

Thanks,

Dr. Ditto  
Ditto Surgical  
512-436-9986