



## PREPARING FOR SURGERY

### STARTING NOW

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing.
- **TAKE MULTIVITAMINS:** Start taking multivitamins to improve your general health once you have scheduled your surgery.
- **TAKE VITAMIN C:** Start taking 500 mg of Vitamin C twice daily to promote healing.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin or ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol). You may continue COX-2 inhibitor medication such as Celebrex if you discuss it with your physician.
- **LIMIT VITAMIN E:** Limit your intake of Vitamin E to less than 400 i.u. per day.
- **FILL YOUR PRESCRIPTIONS:** You will be given prescriptions the day of your surgery. However, you may come to the office to pick up your prescriptions prior to the procedure if you prefer not to stop on your way home from the surgery center.

### THE DAY OF SURGERY

- **CLEANSING:** The morning of surgery, shower and wash the surgical areas thoroughly with Dial soap.
- **EATING AND DRINKING:** Do not eat or drink ANYTHING after 12:00 midnight. This includes water and coffee. If you take a daily medication, you may take it with a sip of water in the early morning. If you eat or drink anything, your surgery will be postponed or canceled unless otherwise instructed by your anesthesiologist.
- **ORAL HYGIENE:** You may brush your teeth but do not swallow the water.
- **MAKE-UP:** Please do not wear moisturizers, creams, lotions, or makeup.
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that buttons up the front rather than pulls over your head. Remove hairpins, wigs, and jewelry (this includes all body piercing jewelry). Please do not bring any valuables with you.
- **NAIL POLISH:** You are NOT required to remove nail polish unless it will directly interfere with the surgical area.



## Skin Cleansing before Surgery

Please follow the instructions below in order to reduce your risk for developing an infection after surgery.

### Supplies needed:

CHG liquid soap (Hibiclens, Walgreens or CVS brand)



**Do Not Shave or Wax** near the area where you will have your surgery for at least 3 days prior to surgery.

**For the best results, the instructions below must be repeated daily for 3 days prior to your surgery and on the morning of surgery.**

- If you plan to wash your hair, use your regular shampoo; then rinse your hair and body thoroughly to remove any shampoo residue.
- Wash your face with your regular soap or water only.
- Thoroughly rinse your body with water from the neck down.
- Apply the CHG soap directly on your wet skin or on a wet washcloth and wash gently; move away from the shower stream when applying the CHG soap to avoid rinsing it off too soon. Allow it to remain on your skin for 1 minute before rinsing.
- Rinse thoroughly with warm water and keep out of eyes, ears and mouth; if the CHG soap comes in contact with these areas, rinse out promptly.
- Dry your skin with a clean towel.
- **Do not** use your regular soap after applying and rinsing with the CHG soap.
- **Do not** apply lotions, deodorants, or perfume to the cleaned body area.
- On the night before your surgery, sleep on clean bed sheets.
- **If you notice a rash, redness or itching** after using the CHG soap, **do not** use it again, use your Dial liquid antibacterial soap to perform the above steps.

**Good handwashing** is an important part of preventing any kind of infection, especially after surgery. Throughout this process (before and after surgery) make sure to wash your hands thoroughly with soap and water for the length of time it takes to sing "Row, Row, Row your boat." After surgery, it is vital that you clean your hands before and after touching your bandages or any areas near the surgical site.