



Orna Fisher, MD * Board-Certified Plastic Surgeon

General Pre-operative Instructions

1 to 4 weeks prior to surgery:

- You should fill the prescription(s) provided to you in advance and do not take them until after the operation.
- Arrange for someone to assist you at home for 2-3 days after your procedure and have that person go over your recovery instructions.
- If you are a smoker, you must stop all-nicotine products for 4 weeks before and 4 weeks after the procedure. This also includes all products used for smoking cessation.
- Stop all dietary supplements (i.e. vitamins, herbal remedies, etc.) for 2 weeks before your procedure. In particular, avoid Fish oil and Vitamin E. Stop any diet pills 2 weeks before your procedure. See complete list of Medications to Avoid.
- Do not take aspirin or anti-inflammatory (NSAIDS) medications for 10 days before surgery as this may increase the risk of bleeding. This includes Advil, Motrin, Ibuprofen, Aleve. Products such as Alka Seltzer, Anacin, Bufferin, Excedrin, Darvon, or Fiorinal. See complete list of Medications to Avoid. Only Tylenol (acetaminophen) is acceptable for mild-moderate pain.
- Stop birth control pills 1 week before surgery and use an alternative form of birth control. Stop any hormone replacement therapy 1 week before surgery (including “bioidentical” hormones).

Night before surgery:

Do not eat or drink anything after midnight the night before the procedure. It is also not recommended that you eat or drink up until midnight. Simply eat dinner and go to bed as usual.

Morning of surgery:

- Do not eat or drink anything on the morning of the procedure. This includes water, coffee, tea, juice, or soda. Do not chew gum, have mints, or eat candy. Your surgery will be cancelled if you do not follow these instructions.
- If you take morning prescription medication(s) for high blood pressure, take them on the morning of surgery with as little water as possible. If you take medicine for diabetes in the morning, do not take it.
- Shower well the morning of your surgery and thoroughly clean your body with soap and water. If the area of surgery is hair-bearing, please shave or trim the hair. If you use spray-on self-tanner please avoid doing so for one week prior to your surgery. Do not use any creams, powders, or perfumes on your body the day of surgery.
- Wear comfortable clothing and low shoes, such as a top that zips or buttons in the front, a loose dress/robe or loose sweatpants, slippers or sneakers. Please leave all jewelry at home including all body piercings.
- You must have someone accompany you the day of surgery. This person must be available for the duration of your procedure. You cannot be sent home in a taxi/Uber/Lyft unless you are accompanied by a responsible adult.
- You will need to arrive 1 hour prior to your surgery time.