

# Elite Plastic Surgery

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## In-Office Procedure Pre-Operative Instructions

1. Before your procedure day, a member of our medical staff will contact you to review prescriptions that will be sent for your surgery. For the procedure itself you will receive valium and percocet. You will also receive a course of antibiotics, oxycodone, and acetaminophen to take post-operatively.

Please take your first dose of percocet and valium 30 MIN prior to your scheduled procedure. You will take your second dose of percocet and valium while you are at the office before your procedure begins. We recommend that you eat a light breakfast the morning of surgery to prevent nausea due to the medications.

### Medication Schedule

|                              |                       |
|------------------------------|-----------------------|
| 30 MIN Before Procedure      | 1 Percocet + 1 Valium |
| Immediately Before Procedure | 1 Percocet + 1 Valium |

2. Please arrive at the office at least **15 minutes prior to your procedure** to allow for sufficient time to complete any necessary paperwork and have your vitals taken. You will need to have someone to accompany you who can drive you to and from your procedure.

3. Please bring post-operative garments (if applicable) and your prescribed medications with you to your appointment.

4. If applicable, please be prepared to take a urine-based pregnancy test upon arrival, so please refrain from using the restroom until you're brought to an exam room by a medical assistant.

5. Shower with **WATER & SOAP** on the morning of your surgery. Do not apply any lotions, make up, body spray or deodorant after showering the morning of your surgery.

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6. All patients anticipating surgery **MUST STOP SMOKING!** Chewing nicotine-containing gum or using nicotine patches should not be considered as alternative since the nicotine causes vasoconstriction and compromises blood flow to the skin, which will delay the healing process.
7. Watches, earrings, jewelry and all valuables should be left in a safe place at home.
8. Loose and comfortable clothes that do not have to be slipped over the head, and sandal type shoes should be worn to surgery.
9. After your procedure concludes, you will be given post-operative instructions and will be scheduled for a follow-up appointment. Our office will review whether you'll need over the counter or prescribed pain medications depending on the extent of your surgery.
10. Continue to take the entire course of the antibiotics prescribed to you to prevent infection. It is recommended to take a probiotic supplement and/or increase your intake of foods that are high in probiotics to avoid the negative gastrointestinal side effects of antibiotics.

Please do not hesitate to contact our office with any questions or concerns.