

# *Pre-Operative Patient Instructions*

Confirmation of surgical arrangements for \_\_\_\_\_

Proposed surgical procedure (s) \_\_\_\_\_

You are scheduled for surgery in our surgery center on \_\_\_\_\_

Please arrive at \_\_\_\_\_

The following pre-operative instructions have been developed in order to help you attain the best possible results from your surgery. It is necessary that you follow these instructions closely. If for some reason you are unable to follow the instruction, or have questions regarding these instructions, or your upcoming surgery please call our office as soon as possible.

Along with your pre-operative instructions you will be given a number of prescriptions. The prescription for the antibiotic should be filled. You should start this the night before surgery then follow the instructions on your prescription .You will receive a prescription for pain, sleeping and nausea. We suggest you have these filled in case they are needed, however, if you prefer you can wait until after surgery to decide if they are necessary. Many patients use Tylenol to ease any discomfort. Do not take Norco and Tylenol together. They are both Tylenol based.

Do not take aspirin (acetylsalicylic acid) or products that contain aspirin (Bufferin, Anacin, Empirin, Stanback, Excedrin, Fiorinal, Darvon Compounder, etc.) for two weeks before and two days after your operation .You have been provided a list of Aspirin and Aspirin related products. Tylenol may be used instead of aspirin. You may take Advil up to 48hours prior to surgery. Before taking any other over the counter medication, please check with our office. Do not drink any Alcohol 48 hours prior to surgery and 48 hours after surgery.

If you are having a procedure done that involves your hair line, you should not color your hair for 7 days prior and 14 days following.

Wash the area thoroughly with mild soap (nothing containing Alcohol, i.e. Make-up remover.)The night before or the morning of surgery. Do not apply any product to your hair or face such as moisturizer, toner, mousse or hairspray after it is washed.

On the day of surgery do not wear any makeup, perfume, false eyelashes, contact lenses, wigs, hairpieces, or jewelry. **Please wear a shirt that buttons or zips up the front. Please wear comfortable easy shoes.** On the day of your surgery wear clothing that is not of importance to you as it may become soiled.

**Page 2**

**Pre-operative patient instructions**

***If your surgery is before noon, please do not eat or drink anything after midnight the night before. If surgery is scheduled after noon, you may have six ounces of clear liquid eight hours prior to surgery, do not eat. You may take Blood Pressure and/or Thyroid Medication(s) with a small sip of water but no other medication should be taken.***

You may want to bring a scarf, sunglasses, or other articles to cover your dressings for your ride home. When you leave you will be escorted through our private entrance/exit.

Avoid overexposure to sun one week before surgery as this could compromise the integrity of the surgical area.

Please contact us immediately for instruction if you develop a cold, sore throat, fever blisters, or any skin eruptions on the face. None of these would prevent surgery from being carried out but we may wish to give you some additional instructions. Over the counter medications are ok to take as long as they are Tylenol based.

We want you to heal quickly after surgery. All patients should know that continued smoking in the pre and post-operative period is strongly discouraged. Wound healing is delayed and there is an increased risk of infection and/or scarring as well as complications. If you need to stop smoking for this period of time, we can recommend a smoking cessation program for you.

Please follow all post-operative instruction given to you. These were designed for your particular surgical procedure to help you obtain the best aesthetic results.

Please notify us immediately if you should need to postpone your surgery so that we may fill the vacancy in our surgery schedule and reschedule your surgery.

***Please arrange for someone to pick you up after your surgery. It is imperative that you not be alone the night of your surgery. We will be unable to proceed with your surgery if these arrangements are not made. Please arrange for a ride to our office the day following your surgery. It is imperative that you do not drive within 24 hours of having anesthesia, and/or taking prescription pain medication.***

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***Contacting The Center for Facial Plastic Surgery:***

***Dr. Churchill*** and our entire staff would like you to know that we are available to you pre and post operatively with any questions and concerns you may have. You may call our office at 847-304-1000, if it is after hours please leave a message with the service and one of the doctors will call you back. You may email our Surgical Tech Kelley at [kelley@drchurchill.com](mailto:kelley@drchurchill.com) with any medical questions, pictures or concerns you may have. If you have a scheduling question or problem with an appointment you may email our office manager at [Daisy@drchurchill.com](mailto:Daisy@drchurchill.com) Please feel free to contact us with any questions you may have before or after surgery.

Thank you for your confidence in our practice.