



Preparing for Your Surgery

Starting Now

STOP SMOKING: Smoking reduces circulation to the skin and impedes healing. Avoid smoking, secondhand smoke, and cigarette replacements such as nicotine gum, patches, or electronic cigarettes during the preoperative period. You are required to be nicotine free for one month prior to your surgery. If a result from the nicotine test is returned with a positive result, your surgery will be cancelled, and the financial policy shall be invoked at the discretion of management.

TAKE MULTIVITAMINS: Start taking a multivitamin once daily to improve your general health once you have scheduled your surgery.

TAKE VITAMIN C: Start taking 500mg of Vitamin C twice daily to promote healing.

DO NOT TAKE ASPRIN OR IBUPROFEN: Stop taking medications containing aspirin or ibuprofen. If you have been prescribed aspirin, ask the prescribing doctor if you should continue, change the dosage, or stop taking it. Carefully review your list of medications. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).

LIMIT VITAMIN E: Do NOT take vitamin E for two weeks before surgery. A multivitamin containing vitamin E is okay.

FILL YOUR PRESCRIPTIONS: You will be given prescriptions for medications at your pre-op visit. Have them filled BEFORE the day of surgery. Bring them with you.

SWELLING AND BRUISING REDUCTION MEDICATION: Our office carries VitaMedica (all- natural medications) that reduces bruising and swelling. The cost is \$78.00. It includes two bottles and one tube, Arnica, Bromelain with Quercetin, and Arnica + K Cream. Begin taking Bromelain three days prior to surgery (2 capsules, 3 times a day on an empty stomach). Begin taking Arnica AFTER your surgery (3 tablets, 3 times a day, place under tongue until dissolved). Begin using the Arnica + K Cream after your surgery (3 times a day).

SCAR TREATMENT: Our office carries and recommends Biocorneum, a medical grade advanced scar treatment, the 20g bottle cost \$75.00. Once the incision site/wound is healed and a scar has formed, the Biocorneum should be applied to the scar, clean and dry, twice a day.

TUMMY TUCK AND LIPOSUCTION PATIENTS ONLY *Do NOT shave your pubic area seven days before surgery*****

The Day Before

CONFIRM SURGERY TIME: As our surgery schedule is dynamic, you may be contacted the day before your surgery by our surgery coordinator to finalize all your surgery details inclusive of your arrival time. If you are not going to be available at the phone numbers given to our office or if you have not heard from us by 3:00pm, please call our office at 225-269-2610 to confirm.

PRESCRIPTIONS: Confirm all prescribed medications have been filled and picked up.



CLEANSING: The night before surgery, shower and wash the surgical area with antibacterial soap.

EATING AND DRINKING: Do NOT eat or drink anything after 12:00 midnight. This includes water, gum, mints, etc.

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The Morning Of

EATING AND DRINKING: Do NOT eat or drink anything. If you take a daily medication, you may take it with a sip of water in the early morning.

ORAL HYGIENE: You may brush your teeth, but do not swallow the water.

CLEANSING: Shower and cleanse again, washing the surgical area with antibacterial soap.

MAKEUP: Do NOT wear makeup, moisturizer, cream, lotion, or perfume.

CLOTHING: Wear comfortable clothing, loose fitting clothes that do not go over your head. Depending on your specific procedure we may give you further instructions on what to wear.

ACCESSORIES: Remove hairpins, wigs, and jewelry including all piercings. Do NOT bring valuables with you including your purse, jewelry, or cell phone.

MEDICATIONS: Bring your prescribed medications with you.



FORD PLASTIC & RECONSTRUCTIVE SURGERY

225-269-2610

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