



Pre-Operative Instructions

OR DATE _____

OR TIME _____

POST-OP APPOINTMENT _____

In the weeks prior to surgery:

- Have your lab work / blood work / radiography / mammograms, etc. completed at least seven (7) business days prior to surgery. Have information and results directed to our office address above or by **fax at 602.926.8029.**

- Discontinue Aspirin or any drugs containing aspirin, including arthritis, pain, or anti-inflammatory medications for two weeks (14 days) prior to your surgery and for two weeks (14 days) after your surgery. These drugs may cause increased bruising and bleeding at the time of surgery due to their effect on blood clotting. Use Tylenol or Anacin III as an alternative instead of Aspirin.

- Eat a balanced diet and do not attempt to lose weight or gain weight in the two weeks (14 days) prior to your surgery. Proper nutrition is important for healing. Taking multivitamins or surgical formulation vitamins as directed as this will also promote your surgical healing and your general health.

- Notify the doctor if a cold or infection develops in the weeks prior to surgery at 602.653.0540 or drochlinsoffice@gmail.com.

- If you would like more than one (1) post surgical compression garment for Tummy Tuck or Liposuction procedures please place orders with our office two (2) weeks prior to your surgery date. Additional compression garments are available at the cost of \$150.00 each. All compression garments must air dry for washings, do not use dryer or the compression garment will loose shape and elastic compression.

- If undergoing Breast Augmentation surgery purchase a 3-4 Sports Bras from Wal-mart made by BestForm **that have 5-6 hooks that open in front.** Purchase Sports Bras based on torso size not cup size. We recommend you purchase one (1) Sports Bra that is one size larger than your torso so you can double up post surgery and slide ice packs as needed between the bra layers for your convenience.

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing. For patients undergoing procedures who are smokers: No smoking for at least three weeks (21 days) prior to and three weeks (21 days) following your surgery. We also recommend that smokers take 2 grams of Vitamin C per day for two weeks (14 days) before and two weeks (14 days) after surgery.

- **LIMIT VITAMIN E:** Limit your Vitamin E to less than 400mg per day.

- **FILL YOUR PRESCRIPTIONS:** You will be given prescriptions for medications for control of post surgery symptoms. Please have them filled prior to the day of surgery and bring them with you.

The Day Before Surgery:

- If General Anesthesia is used: No food or liquids within eight (8) hours before your surgery. This includes water. If you must take medications the morning of your procedure do so only with a sip or no more than 2 tsp of water.

- If Intravenous Sedation or Local Anesthesia is used: No food or liquid six (6) hours before surgery. This includes water.

- Confirm your surgery time: The surgery center will call you to confirm your time of surgery.

- Make sure that you have filled the prescriptions you were given and set the medications out to bring with you to the surgery center as needed. If an overnight stay is required please bring the medication / prescription bottle with you.

- Cleansing: For body procedures the night before surgery take a long shower wash your hair, clip your nails, removal all nail polish and wash the surgical areas with an antibacterial soap such as Dial Soap. Reduction of skin bacteria will decrease the risk of infection. Please do NOT wear moisturizers, creams, lotions, makeup or deodorant on any part of the body.

The Morning of Surgery:

- **Do not wear contact lens**

- You may brush your teeth, but do NOT swallow the water or mouthwash.

- For facial procedures and or laser resurfacing, wash your face, hair, and neck with Septisol or Phisoderm or Dial Soap thoroughly prior to surgery. Reduction of skin bacteria will decrease the risk of infection. Please do NOT wear moisturizers, creams, lotions, makeup or deodorant on any part of the body.

- Wear comfortable, loose-fitting clothing that buttons or zips down the front. Do not wear clothing that has to go over your head. Remove all nail polish, hairpins, jewelry, body jewelry including bellybutton rings tongue rings, genital piercings, ear gauges, etc.

- Please do not wear moisturizers, creams, lotions, or makeup on body parts that are or are not going to have a procedure performed.

- If undergoing Breast Augmentation procedure please bring your torso fitting 5-6 front hooking post surgical sports bra with you to surgery for placement after surgery.

- Please arrive to the surgery center approximately 30 minutes prior to your scheduled surgery time.

Estetica Surgery Center
9450 East Ironwood Square Drive
Scottsdale, AZ 85258
480.551.0581

(96th Street and Shea Blvd, south on 96th Street to Ironwood Square Drive follow for a couple blocks to 9450)

Friends and Family:

Please arrange to have someone responsible to drive you to surgery and pick you up from surgery. You can not drive until 48 hours post anesthesia administration. The surgery center does have a waiting area, but we encourage friends and family to go to the adjacent shopping areas (i.e. Barnes and Noble, Home Depot, Sam's Club, Wal-Mart, Marshalls, etc.). Near the surrounding areas there are eateries like Red Robin, Village Inn, Taco Bell, Uncle Sam's, Schlotesky's, Chompie's, etc.) Feel free to have your friends and family leave the surgery center to help time go by faster as they wait. The surgery center will ask for your friend or family name and cell number. They will call them upon completion of surgery and as you will be going into recovery and when is a good time to come back for pick up.

If you are scheduled for an overnight stay, your friend or family member can not stay the night with you, but are more than welcome to come visit you after you are out of the recovery room. The reason for the overnight stay are State Regulations and also to alleviate your family members from the burden of the first 24 hours of care. You will need them well rested to care for you in the coming days or weeks. If you are undergoing a Tummy Tuck procedure you will need to have help post surgery for at least the first 2 days being at home. Please make these plans in advance.