

GENERAL PRE-OPERATIVE CHECKLIST

Instructions	
1.	Read over consent forms and bring them completed to your preoperative appointment.
2.	Drink 1 gallon water the day prior to surgery, we want you hydrated before the procedure. NOTHING to eat or drink after midnight the day before surgery. This means no gum, candy, mints, cigarettes, water or medications unless instructed. If told to take a Valium (DIAZEPAM) Before coming to the surgery center, this may be taken with a half sip of water. NO MORE OR YOU WILL HAVE TO RESCHEDULE. We say nothing to eat or drink after midnight because there is a risk of aspiration (choking) while under anesthesia if you fail to comply.
3.	No red wine 14 days prior. No other types of alcohol 3 days before surgery. STOP SMOKING 6 weeks prior to and after surgery..
4.	Wash surgical site with antibacterial soap (ex. DIAL soap), the night before surgery and the morning of surgery. NO perfume, lotions, oils, hairspray, makeup or body piercings (flammable and potential source of infection). NO FINGERNAIL POLISH, gel or acrylic nails.
5.	Wear something comfortable (button-up/zip-up shirts, slip-on shoes etc.). Do not wear anything that has to go over your head or is tight fitting. All Abdominoplasty patients or large liposuction patients must bring a robe to the surgery center.
6.	Have all prescriptions filled prior to surgery. SCRIPTS WILL EXPIRE. **Start an OTC stool softener 2 days prior to surgery and continue while taking pain medication (pain medication causes constipation). All other medications are taken after surgery. Refills will be given at follow-up appointments if needed. If you need a refill on pain medication you must ask for this BEFORE Thursday afternoon. Running out of medication over the weekend due to not pre-planning is NOT a medical emergency and pain medications cannot be called in over the weekend so please plan accordingly. If taking Arnica (to help with bruising and swelling), follow the directions on the bottle and start 2 days prior to surgery.
7.	NO medications with blood thinning properties such as aspirin, ibuprofen, Excedrin, Advil or Motrin. (Tylenol may be used) for 14 days before and after surgery. Herbal supplements such as St. John's Wort and Vitamin-E must also be avoided. No garlic, ginseng, ginger, ginko, green tea or flax seed oil. If you have taken such medication 14 days prior to surgery your surgery may be canceled. <i>It is your responsibility to let us know of any medications, supplements or illicit drug use. ABSOLUTELY no illicit drugs, cocaine use with anesthesia causes death.</i>
8.	ABDOMINOPLASTY: 1 Bottle of Magnesium Citrate; TAKE DAY BEFORE SURGERY!!
9.	BREAST SURGERY: 40 years old and over must get a mammogram or provide a report of Mammogram dated within 1 year before surgery.
10.	Keep personal jewelry and belongings at home. Bring your medications for after surgery so the nurses can go over them with your family. Bring a photo ID. No ID=NO SURGERY.
11.	We must have an EKG or a report of an EKG dated within 6 months for : <ul style="list-style-type: none"> • Females 45-49 who smoke, have a history of hypertension, diabetes or other chronic illness • Females 50+ • Males 40 and older who smoke.
12.	BE AVAILABLE THE ENTIRE DAY OF SURGERY—SURGERY TIMES CAN CHANGE!! YOU MUST HAVE A RESPONSIBLE ADULT WITH YOU THE FIRST 24 HOURS AFTER SURGERY. WE WILL NOT RELEASE YOU TO A CAB. MY CAREGIVER FOR THE FIRST 24 HOURS IS: _____ and they can be reached at: _____
13.	The anesthesiologist, Dr. Halling, will call you the day before to review your medical history and advise you of any special instructions. The surgical assistants will also call to confirm arrival times to the surgery center, so please be available by phone. They typically call between 4pm-9pm the If we cannot get in touch with you the day before surgery there is a possibility you will be rescheduled. The anesthesiologist and surgeon will see you prior to surgery on your surgery date.
14.	Patients over 60 must have a letter of medical clearance from their primary care provider, It is strongly advised that patients over 50 do the same.
15.	AFTER SURGERY-48-72 HOURS: <ul style="list-style-type: none"> • Use frozen peas in small baggies for ice bags, apply on top of garment. 20 minutes on/20 minutes off. Never apply ice directly on skin. • Sleep at a 45 degree angle; place towels down in case of leaking • Continue to drink plenty of fluids • Ambulate/walk around the house • Do deep breathing and coughing exercises

My signature indicates that I understand and agree with the above mentioned statement.

Patient Signature{SIGNATURE}: _____