

**DR. GLENN VALLECILLOS**  
**BASIC BEFORE SURGERY INSTRUCTIONS FOR ALL PROCEDURES**

General

- 1 The following instructions were created to guide you to a safe surgical experience and a rapid, satisfactory convalescence. It is important that you read these instructions over and over again before your surgery.
- 2 There are separate After Surgery Instruction Booklets for each surgical procedure that you are having done. Please study and review them just as carefully as you will do for these instructions.
- 3 Work to achieve your desired (realistic) weight goal.
- 4 Avoid “diet pills” of any kind
- 5 If you are over 50 years old, please arrange for a “clearance” physical examination by your personal physician. Ask that he Fax his report to our office at least 7 days before your scheduled surgery date.
- 6 You must be certain that you are not pregnant. A pregnancy test will be performed on the morning of surgery. In the event that the test is positive, your surgery will be cancelled and you will lose your scheduling deposit.
- 7 Do not hesitate to contact our office as often as necessary to insure that you completely understand your scheduled surgical procedure. We want you to feel that you have an “open door” for answers to all of your questions.

Two Weeks Before Surgery

- 1 Stop smoking. Complications of surgery are much more common in smokers. You may resume smoking 2 weeks following surgery.
- 2 Stop aspirin. Aspirin intake before surgery greatly increases the risk of bleeding at surgery. You may resume aspirin 2 weeks following surgery.
- 3 There are many products that don't actually contain aspirin, but act like aspirin [ibuprofen, Motrin, Advil, Aleve, Midol]. You need to avoid these products two weeks before surgery as well.
- 4 Tylenol is OK to take.
- 5 Stop all anti-inflammatory medications [Celebrex, Naprosyn, Mobic]. You may resume these medications 2 weeks following surgery.
- 6 Stop all herbal medications, vitamins, and nutritional supplements at this time. Many of these products contain ingredients that also increase the risk of bleeding at surgery. You may resume all of these products 2 weeks following surgery.

One Week Before Surgery

- 1 Confirm your day of surgery plans. Double check to be sure your transportation and after-surgery personnel are arranged and confirmed. If you are having general anesthesia (will be asleep for surgery), it is

imperative that a responsible adult be with you for the first 24 hours following surgery.

- 2 Have your laboratory work done.

### The Night Before Surgery

- 1 Set aside a photo identification [drivers license]. You will need to bring this to the surgery center with you to confirm your identity [State Law]. You will also be required to sign some paperwork, so you may also want to bring a pair of reading glasses with you if appropriate.
- 2 Nothing to eat or drink after midnight. It is OK to take "essential" [blood pressure or heart] medications on the morning of surgery with a tiny sip of water (just enough water to get the pill down).
- 3 Do not hesitate to use the sleeping and/or anti-anxiety medications if we have ordered them for you. They have been provided to make your entire surgical experience as comfortable and pleasant as possible.

### On The Morning Of Surgery

- 1 Reminder: nothing to eat or drink. This includes chewing gum, breath mints, and hard candy.
- 2 Please shower and shampoo.
- 3 No make-up, skin, or hair products.
- 4 Be sure to wear loose, comfortable clothes that are easy to get on and off. Wear only tops that button or zip up the front. No pullovers.
- 5 Remove contact lenses and all body jewelry before leaving home.
- 6 Please leave all jewelry and valuables at home.
- 7 Be sure to arrive at the Surgical Center precisely at the scheduled time.

### A Final Word

- 1 Our goal is to provide you with the finest plastic surgery services possible. What makes our office unique is our commitment to excellence and dedication to patient care.
- 2 If, after reading this information, you should have any questions, please do not hesitate to call our office.