



Preoperative Instructions

These are guidelines for you to follow prior to your procedure. These should not be a substitute for any specific instructions that you receive directly from our office. Should you have any questions or concerns in the time leading up to your surgery, do not hesitate to contact our office at 705-523-4900.

Two Weeks Prior to Surgery

Always thoroughly read all instructions provided by our office at the time of booking your surgery.

NO ASPIRIN (or medicines that contain aspirin) since it interferes with normal blood clotting.

NO IBUPROFEN (or medicines contain ibuprofen such as Advil) as it interferes with blood clotting.

Please **DISCONTINUE ALL HERBAL VITAMINS OR MEDICATIONS** as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.

Please **DISCONTINUE ALL DIET PILLS** whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.

NO SMOKING OR SECOND HAND SMOKE EXPOSURE because nicotine reduces blood flow to the skin and can cause significant complications during healing for two weeks prior to surgery and for four weeks following procedure.

You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.

Contact our office should your medical history have changed since your consultation (i.e. any new medications, medical concerns, other medical investigations being done by any other physicians).

One Week Prior to Surgery

DO NOT take or drink any alcohol or drugs for one week prior to surgery and one week after surgery as these can interfere with anesthesia and affect blood clotting.

If your skin tolerates, use a germ-inhibiting soap for bathing, such as Dial, Safeguard, or Lever 2000 for at least one week before surgery.

DO report any signs of cold, infection, boils, or pustules (or new medical concerns) appearing before surgery.



DO NOT take any cough or cold medications without discussing with our office first.

DO arrange for a responsible adult to drive you to and from the facility on the day of surgery, since you will not be allowed to leave on your own.

DO arrange for a responsible individual to spend the first 24 hours after surgery with you, since you **CANNOT** be left alone.

Night Before Surgery & Morning of Surgery

DO NOT eat or drink anything (not even water) after midnight the night before your surgery. No gum, candy, mints or coffee the morning of surgery. Do not sneak anything as this may endanger you.

If you are on regular medications, please clear these with our office prior to your procedure.

DO take a thorough shower with your germ-inhibiting soap the night before and the morning of surgery. Shampoo your hair the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.

DO NOT apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.

You may brush your teeth the morning of surgery but do not drink anything.

DO NOT wear contact lenses to surgery. If you do wear glasses, bring your eyeglass case.

DO wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear home is a button-up top and pull on pants. You will want easy-to-slip-on flat shoes.

DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.

You must have an adult drive you – to and from surgery. Please note that a cab or bus driver will not be allowed to take you home after surgery. On arrival, be sure we know your driver's name, phone numbers, and how we will be able to reach them.

If you are not recovering at home, it is very important that we have the number where you will be after surgery.