



**Mount
Sinai**

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Pre-Operative Instructions

PLEASE READ THESE INSTRUCTIONS CAREFULLY AT LEAST 2 (TWO) WEEKS PRIOR TO YOUR SURGERY DATE.

We know it is natural for patients to feel anxious about a surgical procedure. It is our aim to try and alleviate these anxieties by answering any questions you may have. This information will help you prepare for your surgery. We have also prepared Post-Operative instruction sheets to answer questions regarding your Post-Operative course as well. Please read all of this information prior to your surgery date so that you can relax when you arrive home following surgery. We hope that the more information we provide you, the more comfortable you will feel with your exciting decision.

DO'S & DON'TS

- ✓ **Do not eat or drink** anything after midnight the night before surgery.
- ✓ **No Mints or Gum** prior to your arrival for surgery (Unless advised otherwise by office staff/Anesthesiologist. If you have to take medication at night or in the morning, take it with the most minimal amount of water possible.
- ✓ **Avoid smoking** for 2 (Two) weeks before and 2 (Two) weeks after surgery. Smokers have an increased risk of Post-Operative infection and delayed skin healing.
- ✓ **Avoid Alcohol** 2 (two) weeks prior and after your surgery.
- ✓ **DO wear Sun Block** with sun exposure for 2 (two) weeks prior to your surgery to avoid sunburn or sun tanning.
- ✓ **Discontinue any of the following Medications 2 (Two) weeks prior to surgery. If you're taking any of the following, it is important that you contact the physician who regulates these medications to obtain guidance before discontinuing them: Fenfluramine (Pondimin), Dexfenfluramine (Redus), Amphetamines, Nardil (Phenelzine), Parnate (Tranylepromine), Eldepryl (Selegilene), Marplan (Isocarboxazid), Cocaine, Meridia (Sibutramine), Fastin, Ionamin, Adipex (Phentermine).**
- ✓ **Do wash your hair** thoroughly and shower the morning of your surgery.
- ✓ **Do remove any all makeup** prior to coming in for your surgery. **No Moisturizer**
- ✓ **Contact lenses should not be worn the day of surgery, but it is important to bring glasses in order to read surgery consent paperwork before signing.**
- ✓ **Clothing should be worn loose and comfortable with no pull over tops or jumpsuits. Please wear FLAT SLIP ON SHOES/NO HEALS!**
- ✓ **DO leave all valuables at home.**
- ✓ **DO bring sunglasses and a scarf or hat on the day of your surgery to be worn when leaving after your surgery, and for your first office visit after surgery.**
- ✓ **Daily Medications (Other than aspirin products, anti-inflammatory medications, large doses of Vitamin E, or any medications listed above) may be taken as you normally would day of the surgery with a minimal amount of water.**