

## PREOPERATIVE INSTRUCTIONS FOR ALL PROCEDURES REQUIRING ANESTHESIA

- Please wash with **Cetaphil** antibacterial soap the week before your surgery and after surgery until I tell you to stop. Please note that not all Cetaphil soap is antibacterial (check the label). You may use **Dial** soap, but it can be very drying to the skin.
- On the day of your surgery, please do not wear moisturizers, lotions, makeup or powder if you are having facial surgery or antiperspirants, body lotion or powder if you are having torso surgery. Shaving increases your risk of infection, so do not shave your body that day.
- Do not eat or drink anything after midnight the night before your surgery. When you are asleep if your stomach is not empty, the fluid can enter your lungs and cause a serious pneumonia.
- Wear loose, comfortable clothes and a shirt that opens in the front so it will be easy to get dressed and undressed.
- Please do not wear your contact lenses as your eyes can be scratched by them under anesthesia.
- If you are to wear a post-op garment (bra or girdle), bring it with you the day of your surgery. When in doubt, looser is better because you will be swollen and somewhat uncomfortable post-op. It's a good idea to buy two different sizes.
- Anesthesia and pain meds are very constipating, so be prepared with **colace** and **milk of magnesia** at home.
- If you are having abdominal surgery, you will be a lot more comfortable if your stomach is not very full. Try to drink lots of fluids and not too much food the day before.
- Please be aware that the time of your surgery is **VERY** variable unless you are the first procedure. If you are having surgery at my office, please call to verify the time to report before you come, and make sure we have a phone number to reach you that day should the need arise.
- A responsible adult **must** drive you home. We will ask you for the phone number of your driver.
- Also, a responsible adult should stay with you at least overnight because you will not be able to care for yourself right after surgery.
- Bring your pain pills with you on the day of surgery. Be sure to have all your prescriptions filled and ready for you at home.