

laura c. randolph, M.D.

## Pre Surgery Preparation

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**DO NOT** take aspirin or anti-inflammatory medications such as ibuprofen, Motrin, Aleve or Advil for 2 weeks prior to surgery. Resuming these medications postop is at the discretion of Dr. Randolph.

**STOP** taking vitamin E and fish oil supplements 2 weeks prior and 2 weeks after surgery. A multivitamin is fine as long as it has less than 400 IU per day.

**TAKE** all prescription medications with a small sip of water the morning of surgery unless instructed not to do so.

**MAKE** arrangements to have someone drive you to and from surgery and to your first initial office visit after surgery.

**STOP** smoking at least 6 weeks prior to surgery and 6 weeks after surgery. This includes nicotine patches and nicotine gum. Smoking and nicotine greatly increase your chance of complications.

**ARRANGE** for someone to stay with you and be your caregiver for the first 24-72 hours after surgery.

**FILL** your prescriptions before surgery. It is not necessary to bring them with you to the surgicenter unless instructed to do so.

**SET UP** a home recovery area with lots of pillows in a quiet area where you can rest. A recliner or lift chair is very helpful if you have one.

**HAVE** light foods on hand such as saltine crackers, protein shakes, soup, applesauce, jello, popsicles etc. Also have plenty of fluids available. Water, dilute fruit juice, Gatorade and caffeine free/herbal teas are good choices.

**DO NOT** eat or drink anything after 12:00 midnight. This includes water, candy and chewing gum. We suggest having a light dinner no later than 7pm the evening before your surgery to minimize the chance of nausea. Drinking plenty of water (64oz/day) or more for two days prior to your procedure may also reduce post op nausea.

**WEAR** only comfortable, loose fitting clothing that opens in the front to surgicenter. Slippers or slip on shoes are preferred. For patients having a tummy tuck a robe works nicely.

**DO NOT** wear make-up, jewelry, contact lenses or body piercings to the surgicenter.

**SHOWER** and wash your hair the morning of surgery if possible. Do not apply powder, lotion or deodorant after you shower.

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