

PREPARING FOR SURGERY

STARTING NOW

- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing. Do not smoke and avoid second hand smoke and cigarette replacements, such as nicotine patches or gum, in the perioperative period.
- **TAKE MULTIVITAMINS:** Start taking surgical vitamins twice daily to improve your general health one you have scheduled your surgery. Refer to your handouts for instruction.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin, or ibuprofen. Review the list of drugs containing aspirin, ibuprofen and NSAIDS carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- **FILL YOUR PRESCRIPTIONS:** You will be given prescriptions for medications. Please have them filled BEFORE the day of surgery.

THE DAY BEFORE SURGERY

- **CONFIRM SURGERY TIME:** Surgery times are scheduled the day before surgery. We will call you to confirm the time you need to arrive at our Surgery Center for your surgery. If you are not going to be home or at your office, please call us after noon the day prior to your surgery to confirm when you need to arrive. Call us at **(210)496-2639**.
- **PRESCRIPTIONS:** Make sure that you have filled the prescriptions you were given.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas.
- **EATING AND DRINKING:** Do not eat or drink anything after 12:00 midnight

MORNING OF SURGERY

- **SPECIAL INFORMATION:** Do not eat or drink anything! If you take daily medication, you may take it with the smallest sip of water possible in the early morning.
- **ORAL HYGIENE:** You may brush your teeth but do not swallow the water.
- **CLEANSING:** Shower and wash the surgical areas again. Make sure hair is completely dry before arriving at the Surgery Center.
- **MAKE-UP:** Do NOT wear any moisturizers, cream, lotions, perfumes or makeup.

AS YOU HEAL

FAMILY & FRIENDS

- Support from family and friends are very helpful, but because they may not understand what constitutes a normal postoperative course, their comments may unintentionally create emotional turmoil for you. We will tell you honestly how you are doing and what we expect your results to be. Please trust in our knowledge and experience when we discuss your progress with you.

DEPRESSION

- Quite frankly, patients experience a brief period of “let-down” or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better “instantly”, even though they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a “natural” phase of the healing process may help you to cope with this emotional state.

HEALING

- Everyone has the capacity to heal themselves to one degree or another. Clearly this ability is variable and depends on a number of factors such as your genetic background, your overall state of health and lifestyle (exercise, diet, smoking, drinking, etc.) Many people can facilitate (but not accelerate) the healing process. Your cooperation and close attention is extremely important and in your best interest.
- FOLLOWING INSTRUCTIONS: Another major factor in the course of healing is whether you follow the instructions given by Dr. Lawton verbally and in this booklet. Such guidelines are designed to promote the healing process and to prevent the occurrence of anything which may interfere with recovery. It is imperative that you recognize that you are a partner in this process and have a responsibility to follow the instructions carefully. The instructions, based on broad experience, are designed to give you the best opportunity for healing without delay or surprise.
- COMPLICATIONS: Unexpected occurrences are very infrequent. Rest assured, we will assist you in any way possible with regard to such events. Should the unexpected occur, it is in your best interest to ally yourself with Dr. Lawton and the staff. We will support you through any difficulties and assist you in reaching your goal.