



## PRE-OPRATIVE INSTRUCTIONS

To ensure that your surgery day goes smoothly, we ask that you do the following:

- Wash your hair the night before or the morning of your surgery
- Please do not add hair gels, hair products, or any oils to your hair
- Eat a meal prior to your arrival
- Please arrive at the Surgery Center no later than your scheduled appointment time
- Wear a shirt that has buttons down the front. Do not wear a t-shirt or any shirt that fits tightly or has to be pulled up over the head
- You may bring in a loose-fitting hoodie to wear after the surgery, if desired
- We provide lunch and snacks. During your procedure, we have Netflix, Cable TV and music to select from

### **Please refrain from taking the following medications or vitamins prior to your surgery:**

|  |              |
|--|--------------|
| Aspirin, aspirin-containing products     | 1 week prior |
| Ibuprofen, Excedrin                      | 1 week prior |
| Vitamin E, multivitamins                 | 1 week prior |
| Ginko biloba or other herbal supplements | 1 week prior |
| Viagra/Cialis                            | 1 week prior |

### **Please refrain from the following prior to surgery:**

|                                     |              |
|-------------------------------------|--------------|
| Alcohol consumption                 | 5 days prior |
| Smoking cigarettes or marijuana     | 5 days prior |
| Caffeine consumption                | 5 days prior |
| Strenuous exercise or weightlifting | 5 days prior |

FUT patients: your suture removal appointment will be scheduled for 10-14 days after surgery

Payment in the form of MasterCard, Visa, American Express, Discover, Cashier's Check, Money Order, Cash, or financing (CareCredit, Alphaeon) is due 14 days prior to the date of your surgery

If any questions arise, or if you are unable to keep your scheduled surgery appointment,

**PLEASE NOTIFY YOUR PATIENT CONSULTANT ASAP.**