

# Preoperative Instructions

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## Preoperative Instructions

1. **DO NOT SMOKE** for 2 weeks prior to and 2 weeks after surgery. Smoking reduces blood circulation, slows down healing and increases complications.
2. **DO NOT TAKE ASPIRIN** or products containing aspirin for 2 weeks prior to or following your scheduled surgery. Aspirin affects your blood's ability to clot and could increase your tendency to bleed during surgery or during the post-operative period.
3. **DO NOT TAKE DIETARY SUPPLEMENTS** for 2

weeks before and after surgery. These include vitamins, ginger, ginkgo biloba, garlic, ginseng and fish oils. They may increase your risk of bleeding and bruising during and following surgery.

4. DISCONTINUE ESTROGENS (BIRTH CONTROL PILLS AND REPLACEMENT THERAPY 3 WEEKS PRIOR TO SURGERY AND FOR 2 WEEKS AFTER SURGERY

5. DO NOT DRINK ALCOHOL for 5 days prior to surgery. Alcohol may increase your risk of complications such as bruising.

6. IF YOU DEVELOP A COLD. COLD SORE, FEVER, OR ANY OTHER ILLNESS PRIOR TO SURGERY PLEASE NOTIFY US.

7. DAY PRIOR TO AND DAY OF SURGERY. Please shower using only antibacterial soap. Males receiving abdominal or flank treatment may prefer to shave the treatment area; females receiving abdominal or thigh treatment may prefer to shave pubic areas below the hairline

8. WEAR COMFORTABLE, DARK, LooSE-FITTING

CLOTHING on day of surgery including a shirt that buttons all the way up the front Wear nothing that you must put on over your head. Slip-on shoes are recommended for maximum post-operative comfort. We suggest you safeguard your car seat and bedding with a protective cover as there will be some leakage of fluid following surgery.

9. LEAVE JEWELRY AND VALUABLES AT HOME. Do not wear wigs, hairpins or hairpieces.

10. AVOID WEARING MAKEUP, FACIAL OR BODY MOISTURIZERS.

11. SURGERY TIMES ARE ESTIMATES ONLY. You could be at the clinic longer than indicated.

12. ARRANGE FOR A DRIVER TO AND FROM SURGERY. We cannot discharge you to a taxi. Put a pillow and blanket in the car for the trip home.

13. IF YOU ARE RECEIVING INTRAVENOUS SEDATION OR GENERAL ANESTHESIA, YOU MUST FAST (NO FOOD OR DRINK) FOR AT LEAST 8 HOURS PRIOR TO SURGERY

Dr. Kemil Issa.