



## **PRE-OP INSTRUCTIONS - GENERAL**

**Surgery:** Procedure Surgeries

**Surgery Location:** Women's Hospital

**Arrival Time:** Time of arrival will be given by the Hospital on your pre-op appointment.

### **Prior to Surgery:**

**Carefully review the list of drugs to avoid, provided for you.** Specifically, **do not take any aspirin or aspirin containing medications for any days before and ten (10) days after surgery:** Such medications may cause bleeding during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol). Check with your physician regarding administration of antidepressants, diuretics, or other routine medications.

**Stop Smoking:** **Smoking** reduces circulation to the skin and impedes healing (this is especially important if having a facelift).

**Consume a Low Sodium Diet:** We recommend that patients lower their sodium intake both before and after a surgical procedure. While this may seem like a difficult rule to follow, it is vital to ensure that the body can heal properly, and its system is ready for the trauma of surgery.

Some patients may not know how to cut sodium out of their diets. Here are a few suggestions for cutting down salt intake and preparing for surgery.

#### **Stay Away from Processed Foods**

Many of the foods that people commonly eat in their everyday lives are processed. Processed foods are packed with sodium, not only for flavor but also to preserve them as they sit on the shelves. Changes in the patient's diet might be necessary, by opting for organic, natural foods, over the more common processed alternatives can cut back on a person's salt intake.

#### **Stay Away from Anything Prepackaged**

Like processed foods, anything prepackaged is likely not only to be very high in calories and chemicals but also in salt. If a patient relies on these prepackaged foods to save time, try instead for making a large amount of one healthy meal, and then freezing or refrigerating the leftovers to eat throughout the week. It is also possible to make quick and healthy choices like salads or sandwiches, which can be made entirely from scratch, with lower sodium content.



**What to Eat Instead:**

As a patient prepares for the new low sodium diet, options can seem limited. All junk food will likely be off the table, and many people perceive low salt foods to be less flavorful. Soup, for example, can be great during recovery, and because it is easy to make in large batches and can be delicious without adding salt. If the patient is not willing to give up salt and junk food entirely, he or she should opt instead for the low sodium varieties of favorite snacks. Chips, nuts, crackers, and even soups all come with low-sodium options. Consuming plenty of fruit and vegetables is essential to a healthy diet. Swapping a healthy snack like carrots for a salty snack like potato chips can significantly cut salt out of one's diet and provide the body with the nutrients it needs to heal after surgery.

**Day Before Surgery:**

**Prescriptions:**

Ensure that all of your prescriptions have been filled before the day of surgery.

**Do not eat or drink anything after midnight the day before your surgery.**

This includes water, coffee, tea, juice, etc.

**Day of Surgery:**

**Medications:** If instructed to continue your daily medication regime, take your medication with only a sip of water.

**Make-Up:** Please do not wear moisturizers, creams, lotions, fingernail polish, eye make-up or other types of make-up.

**Clothing:** Wear only comfortable, loose-fitting clothing that either buttons or zips in the front. Remove hairpins, wigs, contacts, and jewelry. Please do not bring any valuables with you.

**Please call our clinic with any questions or concerns  
601-933-2004**