



PRE-OPERATIVE TIPS AND INSTRUCTIONS

If you are considering plastic surgery, it is important to always remember that it is surgery. You will have an important role to play in ensuring that you have the best surgical experience, with great results and the lowest possible risk of complications. At Nazarian Plastic Surgery, we take patient education seriously and work hard to ensure people fully understand the procedures they are considering.

These pages contain a basic description of pre-operative instructions for people considering plastic surgery. It is intended to help people better understand the procedure so they can make informed decisions, not to replace the pre-operative instructions you received during your pre-surgical appointment. If you are a current patient, you can consult the instructions you were given or call us at 310-659-0500 with questions.

One Month Before Plastic Surgery

- Quit smoking – Nicotine reduces blood flow to the wound and can cause significant complications during healing. You will have to refrain from smoking for at least 4 weeks before surgery. It's not a bad idea to consider quitting permanently at this point, because smoking can decrease the longevity of your plastic surgery results.
- Arrange for someone to drive you to and from our surgical facility on the day of your procedure and remain with you for at least 24 hours afterwards. Remember, people are busy. So the sooner you get this lined up, the better. You CANNOT leave the facility on your own and you CANNOT be left alone during the first 24 hours.
- Increase your protein intake with meats, poultry, fish, or lentils. Consider supplementing with protein shakes as well. If you are not already taking a multivitamin, start taking one now.

Two Weeks Before Plastic Surgery

- NO ASPIRIN, IBUPROFEN, ALEVE (NAPROXEN), or other NSAIDS – They interfere with normal blood clotting and can lead to more bruising, bleeding, and swelling. For pain relief, you can take Tylenol, or generic acetaminophen only.
- Please DISCONTINUE ALL HERBAL MEDICATIONS/HERBAL TEAS and DIET PILLS – They can complicate your surgical procedure or increase risks.
- Your normal multivitamin is fine, but discontinue "MEGADOSES" of VITAMIN E.

The Week of Plastic Surgery

- Fill your pre-operative shopping list, including picking up your prescriptions, germ-inhibiting soap (like Dial), and straws to encourage you to drink liquids. Put together a tasty and nutritious assortment of soft foods to encourage eating that supports healing after surgery (high protein, vitamin C and zinc rich)



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- This is a good time to prepare your recovery space. You should have a wedge pillow or enough pillows to hold your torso at a 30 degree angle during recovery. Get a few good books and some movies you want to watch. You won't be confined to bed, but the more you enjoy your rest, the more you'll do it and the better your recovery.
 - It's not a bad idea to move needed items down from high shelves. You will likely not want to reach over your head much for a few weeks.
 - We'll give you custom recovery gear (as needed), but sometimes you might be more comfortable in your own clothes. During your consultation, we'll talk about recovery-wear and what is okay to wear after your procedure.
 - If your skin tolerates, start using the germ-inhibiting soap a full week before your surgery. No need to scrub heavily. (Dial is one example of germ-inhibiting soap.)
 - REPORT and signs of cold, cough, or the use of any over-the-counter medications that were not instructed for use by Dr. Nazarian.
Stop shaving all together (all areas) as this increases your risk of post-operative infection.

The Day of Plastic Surgery

- DO NOT eat or drink anything, not even water or gum, after midnight the night before your surgery. No gum, candy, mints, or coffee the morning of surgery. If you sneak anything, you are increasing your risk of serious surgical complications.
- You may brush your teeth the morning of surgery but do not drink anything.
- Your surgeon will tell you whether you should take any regular medications the day of the procedure.
- TAKE a shower the night before your surgery. If your hair is wet during surgery, your body temperature will drop in the cold room, increasing your risk of infection.
- DO NOT use NAIL POLISH, makeup, creams, lotions, hair gels, hair sprays, perfumes, powder, or deodorant on your skin, hair or face.
- DO NOT wear contact lenses. Bring your glasses and your glasses case.
- DO NOT bring valuables or wear any jewelry.
- Wear comfortable, loose-fitting clothes. We recommend a button down shirt and pull-on pants with easy-to-slip-on flats. Don't wear a shirt or clothing that has to be pulled over your head.

Give the surgery center or hospital nurse the name and contact information for your driver. It's also nice to introduce them when they drop you off. If you will not be recovering at home, make sure we have the number to where you can be reached. We like to check up and make sure you're doing well.

Your anesthesiologist and the surgery center staff will call you the day before surgery to answer any questions that you may have for them.

And then you're ready for surgery!