



**Blood Work:** IF REQUESTED BY YOUR DOCTOR, confirm that blood work is faxed to both our office and to the surgical facility where you will be having your surgery. To avoid any glitches, we recommend bringing a copy with you. Your surgeon may have recommended a medical clearance as well. Please confirm that our office has received these clearances and any blood work such as a blood count (CBC), Electrolytes (BMP7), EKG, CXR, etc., if requested.

Young healthy individuals may need no blood work or a minimal testing. Patients of older years with medical issues like high blood pressure or diabetes may need more testing prior to surgery.

**Blood thinners:** Blood thinning products can cause excessive bleeding during and after surgery. Both prescription and over the counter medications can have blood thinning properties. If you currently take any of the medications or herbal preparations listed below discontinue their use 2 weeks prior to your procedure. Remember this is only a partial list. If you have any questions, please contact your pharmacist and discuss & disclose your herbal medications with your doctor.

If you were told by a doctor to take a blood thinning medicine on a regular basis for stroke or heart attack prevention, coronary stents, severe arthritis, atrial fibrillation, or a artificial heart valve, ask your surgeon when and if this medicine should be discontinued.

Read the labels on all the medications that you take on a regular basis or any new medications you are starting. Many products contain **aspirin (ASA or acetylsalicylic acid)** and must be stopped 14 days prior to surgery. Below is a list of medications that must be stopped for the 14 days before surgery:

- Aspirin (ASA)
- Coumadin
- Heparin
- Lovenox
- Plavix
- Ticlid
- Ibuprofen
- Advil or Motrin
- Naproxen/Naprsyn
- Vitamin E
- Garlic
- Ginseng or Gingko
- St. Johns Wart

If you need pain, headache, cough, or cold medicine during the 14 days prior to surgery you may take products containing Acetaminophen (Tylenol).

Certain weight loss medicines like **Phentermine** should be stopped 2 weeks prior to surgery as they interfere with your blood pressure during Anesthesia.

**Birth Control, Post-Menopause Hormones, and Breast Cancer Pills (tamoxifen):** Hormones in these medications may increase the risk of forming blood clots in the deep veins of the body—called a DVT. These clots can potentially spread to the lung causing severe respiratory problems. To lower your risk, please stop these medications 2 weeks prior to surgery. An alternate form of contraception should be practiced during the weeks before and after surgery.

**EMPTY STOMACH:** It is important to have an empty stomach before surgery so that at time of anesthesia food or fluids do not go “down the wrong pipe” and cause pneumonia. Remember, *Nothing to eat or drink after midnight.* That means:

- No gum/hard candy
- No cigarettes
- No food / No drink



---

**YOUR Usual Medications:** Bring your usual medications with you. If you are a diabetic, hold your morning dose of your diabetes medications including insulin. Please bring your pills, insulin, and GLUCOMETER with you to surgery. If have sleep apnea, bring your CPAP machine to surgery.

**Clothing/Garments:** If you are having breast surgery, bring a sports bra without an underwire, preferably one that zips in the front, to your surgery. We may place you in this bra right after your surgery to help minimize pain/swelling. We have found that a bra that patient wears or has tried on before may be more comfortable and lead to more expeditious healing than medical bras.

Plan to wear dark colored, comfortable clothes to the procedure. Wear a button down top so that it does not have to be put over your head. Put a pillow and a blanket in the car you will be going home in. Do not wear jewelry or bring valuables with you on the day of surgery. Remove any piercings or rings the night before your procedure and avoid shaving in the surgical site for 5 days prior to the procedure. Do not wear perfumes, creams, or make-up to your surgery. *Please remove fake nails/nail polish 2 weeks prior to surgery.* Women on their period should use a pad (sanitary napkin) and not use a tampon. Bring a spare pad. Shower with an antibacterial soap the night before surgery and clean out the belly button thoroughly with a Q-tip and peroxide.

**Responsible Adult:** Bring a responsible adult to take you home after your procedure and stay with you the first night. This person has to be available when the surgery is completed and you are recovered to go home. We cannot place you in a taxi unaccompanied. Have your ride PARK IN THIS BUILDING so that you can be transferred to their car.

**Medications for Surgery:** You will be prescribed a pain-killer as well as a preventative antibiotic, occasionally an anti-nausea medication, anti-swelling cortisone, and a sedative. You can fill them prior to surgery if your surgeon has given you the prescriptions. Alternatively, your family/friend can fill your prescription while they are waiting for your surgery to be completed.

**Surgery Location:** You will be notified by us about your surgical location. Confirm directions and timing. The location of the surgical facilities we use and their addresses and directions are on our website ([www.WashingtonianPlasticSurgery.com](http://www.WashingtonianPlasticSurgery.com)).

**Prepare your home:** Plan ahead for your recuperation. Consider moving your essentials (such as DVD's, laptop, pajamas) to one level of your home to minimize stair use. Stock your fridge with apple juice, ginger ale, Gatorade, and tea. These will be important to help you stay hydrated. Frozen peas also serve as great cold compresses to minimize swelling from surgery!

There will occasionally be drainage from your surgical sites, so put old sheets on the bed. Break out the comfortable clothing as well—such as a track or leisure suit, old sweatshirt, etc. Take this time to relax and get away from the tyranny of our hectic and over-scheduled lives.

---

We hope that this information is helpful as you look forward to the new you. Sincerely,

Navin Singh, M.D.