



## PRE-OPERATIVE INSTRUCTIONS FOR PATIENT

- Please review the products to discontinue (in your pre surgery folder) for a complete list of products not to take 2 weeks prior to your procedure. Consult your Primary Care Physician before discontinuing any of these products if your doctor requires you to take these medications. DO NOT take Vitamin E, Fish Oil and Herbal Supplements 2 weeks before and one week after your procedure.
- LIMIT Alcohol intake 2 weeks before procedure.
- STOP SMOKING and using any NICOTINE products 2 weeks before, and 2 weeks after your procedure as this will greatly hinder your healing time and the outcome of your surgery.
- Only if your surgery requires general or IV anesthesia patients cannot eat or drink anything 8 hours prior to your surgery. **LABS AND/OR EKG ARE FOR GENERAL ANESTHESIA SURGERY ONLY.**

### **Medication (s):**

- If you have any questions regarding the medications you should, or should not take, please contact us and we will review this with you (Please read over the list of medications to discontinue 2 weeks prior to surgery – enclosed in your pre surgery folder). Start taking your ANTIBIOTIC 24 hours before your procedure. Begin your regimen of Arnica Montana tablets 5 days prior to your procedure. You may start taking vitamin K (100mcg) and vitamin C 5 days prior to your procedure.

### **Transportation – PLEASE DO NOT USE A CAB OR LIMO.**

- Please note that you must have someone drive you home after your procedure and also drive you the day after your procedure because you will not be able to drive yourself. Both the surgery center and Dr. Sadati will need the contact information of the person who is taking care of you. Your contact person will be called when you are ready to be picked up after surgery.

### **What to buy/pick up before surgery:**

- Be sure to have any pre-operative labs, EKG or tests completed and faxed to us a few days prior to your surgery at **949-200-3810**. **LABS / AND OR EKG ARE FOR GENERAL ANESTHESIA SURGERY ONLY.** Have all your prescription medications filled and bring them with you on the day of surgery. You may need to purchase some items prior to surgery: Hydrogen Peroxide, Q-tips, cotton gauze, 1% Hydrocortisone cream, and/or (Lacrilube for your eyes, **only if you are having an eye procedure**). You may need to purchase an arm or abdomen compression garment for the day of surgery if you are having an arm lift, tummy tuck or liposuction. If you are having breast augmentation or breast lift surgery, you will need to buy a sports' bra (no underwire) that zips or clips in the front. After surgery, you will want to have soft foods to eat; such as, eggs, yogurt, soup, smoothies, etc.

### **Please call the following numbers for assistance:**

Office: (949) 706-7776 (Monday-Friday 9am-5pm) or **after hours, please call 949-200-3808**

Thank you. We look forward to seeing you on the day of your procedure.