



Rocheford Plastic Surgery

PRESURGICAL INSTRUCTIONS

1. You will need a pre-operative physical by your family physician two weeks prior to your surgery.
2. Take no aspirin or aspirin-containing products two weeks prior to your surgery and for ten days after your surgery. You may take Tylenol.
3. Discontinue all herbal medication prior to surgery.
4. Discontinue Vitamin E supplements two weeks prior to surgery and four weeks following surgery. Vitamin E supplements may contribute to bleeding during and after surgery.
5. Please notify us if you develop an illness or cold within a week of your surgery.
6. If you smoke, stop a minimum of three weeks prior to surgery and do not touch a cigarette for a full month post-op. Nicotine can impair and delay healing.
7. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY !!**

THE DAY OF SURGERY

1. You may brush and rinse your teeth, but **DO NOT EAT OR DRINK ANYTHING. NO COFFEE!!!** Required medications may be taken with a small sip of water. Dr. Rocheford will tell you which medications you may take.
2. Do not apply any moisturizer, lotions or deodorant. Do not apply make-up.
3. Wear loose comfortable clothing. No pullover shirts - button fronts are best.
4. Someone must drive you home and spend the first night with you.