

# oppenheimer

PLASTIC SURGERY

## General PreOPP Instructions

### MEDICATIONS

- Please review your personalized **#PostOPP Medication List** and have all prescriptions filled prior to your surgical date.
- All medications prescribed by your personal physician should be taken as directed—including *on the morning of surgery*, with a small sip of water.
- Begin your stool softener (Colace) on the day prior to surgery to avoid constipation.

### DIET

- You should have a light meal the evening before your surgery.
- If you're having Anesthesia, **don't eat anything after midnight or at least 8 hours before surgery.**

### GENERAL INSTRUCTIONS

- Shower with **Hibiclens soap** beginning several days before surgery, with focused cleansing of the surgical areas as directed (e.g. belly button).
- **Do not shave** the surgical site the 2 days before surgery. Hair should be trimmed with electrical clippers.
- Avoid using body lotions or perfumes on the day of surgery. **Clear deodorant is OK!**
- **Please remove nail polish** from at least one finger on each hand.
- Remove all metal and jewelry. No contacts, but glasses are OK.
- Wear loose, comfortable clothing; i.e. Sweats and Zip up hoodies.

### WHAT TO EXPECT

- On the day of surgery, you will have an IV placed in the pre-op area (if you're having Anesthesia), followed by light Jazz or Enya, depending on taste.
- Make sure to have a friend or family member present for transportation and support purposes, unless you are having local anesthesia only.

### WORRYING ABOUT STUFF...

- *...Is literally our job.* If you have any problems or concerns related to your surgery that we have not discussed or that have not been covered in these instructions, please call! We are always here to help:

(407) 377-7714