



# AYALA

P L A S T I C   S U R G E R Y

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## PRE-OPERATIVE INSTRUCTIONS

- 1** You may not eat or drink anything after midnight. No water, coffee, or anything else is to be consumed. You may take your usual medications with a sip of water only if directed by your physician.
- 2** Please do not use any form of nicotine (cigarettes, chewing tobacco, or nicotine patch) for at least 8 weeks before and after surgery. All of these products interfere with blood circulation and could cause delayed and/or poor wound healing.
- 3** Do not take aspirin or products that contain aspirin and ibuprofen or any over the counter herbal supplements for two weeks prior to surgery. Please refer to the attached medication sheet to use as a guide.
- 4** Wear something that buttons or zippers to the front. Nothing that pulls over your head. Wear loose pants, socks and **DO NOT** bring any valuables to the hospital. Shower the morning of surgery. No fragranced lotions to the body or surgical site.