



General Pre-Surgery Instructions

The following instructions should be followed closely except when overruled by specific procedural instructions.

2 Weeks Prior to Surgery

1. NO ASPIRIN or products containing aspirin. Interferes with blood clotting.
2. NO IBUPROFEN or products containing ibuprofen. It interferes with blood clotting.
3. DISCONTINUE ALL HERBAL MEDICATIONS AND VITAMINS; May interfere with blood clotting, blood pressure, or anesthesia.
4. DISCONTINUE ALL DIET PILLS: prescription, over-the-counter or herbal. may interfere with anesthesia and cardiovascular system.
5. NO SMOKING or nicotine products. Nicotine slows and complicates healing.
6. You may take Tylenol or generic forms such as acetaminophen for pain.

See Detailed List of "Medications to Avoid". If you have any questions about any medications you currently take, just ask.

One Week Prior to Surgery

7. DO NOT take drugs or drink any alcohol for one week prior to surgery and one week after surgery as these can interfere with anesthesia and affect blood clotting.
8. DO NOT take any cough or cold medications without permission.
9. Report to us any signs of a cold, flu, infection, rash, or other illness appearing before surgery.
10. Arrange for a responsible adult to drive you to and from the surgery center on your surgery day. You will not be allowed to leave on your own or to take public transportation.
11. Arrange for a responsible individual to spend the first 24 hours with you, since you CANNOT be left alone.

COSMETIC SURGERY OF LAS VEGAS

Night Before Surgery & Morning of Surgery

12. DO NOT eat or drink anything (not even water) after midnight the night before surgery. Also, no gum, candy, mints or coffee the morning of surgery. Sneaking anything can put you at risk while under anesthesia.
13. If you are on regular medications, please ask Dr. Pancholi if you should take them the morning before surgery. If the answer is yes, take them with a few **sips** of water.
14. Take a thorough shower with your technicare soap the night before and the morning of surgery. Also, shampoo your hair the morning of surgery with technicare. This is to decrease the bacteria on the skin and decrease the risk of infection.
15. DO NOT apply any thing to your skin, hair or face the morning of surgery including but not limited to: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase your risk for infection.
16. You may brush your teeth the morning of surgery with sips of water to rinse.
17. DO NOT wear contacts to surgery. If you do wear glasses, bring your eyeglass case.
18. Wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear is a button-up or zip up top and loose pull on pants. You will want easy-to-slip-on flat shoes (not slippers).
19. DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.
20. Do not wear nail polish (clear is o.k.) on your index fingers and big toes.
21. You must have an adult drive you – to and home from surgery. Please note that a cab or bus driver will not be allowed to take you home after surgery. Be sure the office knows your driver's name, phone numbers, and how we will be able to reach them.
22. If you are not recovering at home, it is very important that we have the number where you will be after surgery.