



DR. CRAIG OSER
PLASTIC SURGERY AND MED SPA

PRE OPERATIVE INSTRUCTIONS

THREE Weeks Before Surgery

1. NO SMOKING FROM THIS TIME FORWARD. This is imperative because by constricting blood vessels nicotine reduces blood flow and, therefore, healing. If you must resume, wait at least THREE weeks post-surgery and consult with Dr. Oser before starting again.

TWO Weeks Before Surgery

1. NO ASPIRIN PRODUCTS.
2. NO IBPROFEN OR ANTI-INFLAMMATORY MEDICATIONS. Tylenol may be taken on an "as needed" basis but try to limit intake especially ONE week prior to surgery.
3. DISCONTINUE ALL HERBAL MEDICATIONS (other than the aforementioned) as they may have deleterious side effects for the surgery.
4. NO DIET PILLS as these may affect blood pressure, heart rate and anesthesia during surgery.
5. NO LARGE DOSES OF VITAMIN E as this may affect bleeding. Multivitamins which have Vitamin E are okay to continue.

ONE week before surgery

1. NO ALCOHOLIC BEVERAGES as this may affect bleeding.
2. NO COUGH OR COLD MEDICINES unless given specific permission to do so.



3. **DO** practice good hygiene to the region to be operated upon.
4. **DO** report any fever, cough, infection or skin changes before surgery.
5. **DO** make postoperative arrangements. A responsible adult driver must be able to take you home on the day of your surgery if it is an outpatient procedure. A responsible adult should be available to stay with you at home as needed until you can manage on your own. Ask Dr. Oser if you have any questions regarding how long this time frame should be based on your procedure.
6. Do call us if you have any questions. We are here for you!

Night before surgery/Morning of surgery

1. NO eating or drinking anything after midnight. Please clear any necessary pills with Dr. Oser.
2. DO brush your teeth, but do not drink water.
3. Make sure you shower and wash hair the night before your surgery.
4. DO NOT wear any makeup, hair gels, deodorant, powder, sprays or lotions on day of surgery.
5. DO NOT wear contact lenses. Bring eyeglass case if you wear glasses.
6. DO NOT bring any valuables with you.
7. DO NOT wear any piercings.
8. DO wear comfortable, loose clothing that don't need to be put on over your head. Button-up tops and pull-up pants are best.