

## General Pre-Operative Information

1. **DO NOT EAT ANY SOLID FOOD AFTER MIDNIGHT ON THE NIGHT BEFORE SURGERY** (we recommend you have a late snack with protein the night before your surgery). **You may drink clear fluid \*\*\*\*\*350mls\*\*\*\*\* (water, apple/cranberry juice, clear tea, or black coffee) up to three hours before your surgery.** You may not add milk, cream or whitener to your coffee or tea. Absolutely no eating, drinking, sucking on candy, or chewing gum should take place during the three hours before surgery.
- You will be asked to sign a surgical consent on the day of surgery. You will be provided with a copy to review prior to your surgery day. Please inform us immediately if you do not have a copy, or if you have any questions about the consent form.
- A ride to and from the clinic **MUST** be arranged for your day of surgery. You cannot drive, taxi, bus, or UBER alone. There must be an adult at home with you after surgery for a minimum of 24 hours. There is no exception to this policy.
- **All Procedures** Please arrive freshly showered, with no lotion, cream, or deodorant on your body (Hair and face are cleansed as you normally would). NO contact lenses or fingernail polish.
- **Facial Procedures Only** Clean your face using oil-free make up remover. DO NOT use moisturizer or make-up of any kind. NO eyelash extensions. We recommend you bring sunglasses and a hat or scarf.
- Please remove all piercings and leave all your jewelry/valuables at home. NO new piercings/tattoos for a min of 4 weeks prior to surgery. Any jewelry/piercings that cannot be removed will need to be cut off prior to surgery.
- Arrive in comfortable clean clothes, pants that are easy to pull on and a shirt that zips up or buttons up. Slips on shoes are ideal (no flip flops or heels). Please bring a pair of socks and your health card as well. All compression garments for breast and abdominal procedures are provided.
- If you develop any cold/flu symptoms, call us at 519-746-1132 and we will advise next steps.

### Health and Medication Instructions

**Please bring all your current medication(s) with you to the clinic on the day of your surgery.**

- All medications prescribed by your surgeon are sent to our local pharmacy. They will call you prior to surgery. Please provide them with any Health Benefit info and/or payment. **Your medications will be delivered to the clinic for the day of surgery.**
- Please ensure you have reviewed all current medications with your surgeon. If your surgeon has approved all prescriptions, please continue to take your prescribed medication as you normally would. This includes taking those medications on the morning of surgery with a small sip of water. If you are uncertain of what medications to take, please call your patient coordinator to discuss.
- If medications have changed you must update your surgeon immediately. If you have had a surgical procedure of any kind, or a change in your health status since your original consultation, please inform your Patient Care Coordinator ASAP.
- If you are taking the following ACE inhibitor (blood pressure medication) such as Perindopril (Coversyl), Enalapril (Vasotec), Lisinopril (Zestril), Ramipril (Altace) you are NOT to take this on the morning of your surgery. Any other ACE inhibitor (blood pressure medication not listed above) please ensure you take this medication as normal on your surgery day.
- If you are a diabetic, a consultation will need to be arranged with our anesthesiologist. Please bring your insulin/glucometer on the day of surgery. DO NOT take any of your oral diabetic medication the day of surgery.
- If you have Asthma, please use your inhaler(s) as prescribed the morning of surgery and bring your inhaler(s) with you.
- If you have sleep apnea, please bring your CPAP machine with you on the day of surgery.
- If you are having an abdominoplasty and/or a double procedure (two different procedures on the same day ie: mastopexy and liposuction), to minimize the risk of blood clots in your legs and lungs, we strongly recommend you stop all hormone replacement therapy and oral contraceptive pills TWO WEEKS prior to surgery. You may resume these medications FIVE days after surgery.
- Please DO NOT take the following medications ONE WEEK prior to surgery as they may increase the likelihood of bruising/bleeding after surgery: Advil, Motrin, Aleve, Celebrex, Excedrin, Aspirin, Coumadin, Naproxen, Plavix, Garlic Pills, St John's Wart, Vitamin E, Ginseng, Omega-3/Fish Oils, Saw Palmetto, Don Quai, Red Wine, Voltaren, Valerian Root and Papaya. If you require any pain medication prior to surgery, please only take Tylenol/Acetaminophen.

### Smoking Policy

Smoking Increases anesthetic difficulties, breathing problems and seriously impairs wound healing. It is very important that you decrease your smoking as much as possible prior to surgery. For certain procedures, it is imperative that you are SMOKE FREE **for a minimum of six weeks prior to and after surgery**. These procedures include abdominoplasty, mastopexy, breast reduction, brachioplasty, facelifts and browlifts. Your body does not differentiate between different sources of nicotine, so nicotine gums and patches are prohibited as well as cigarettes and some vapes.

If you have been advised to quit smoking a nicotine test will be performed by one of our clinic nurses. Positive tests will result in your surgery being cancelled with no refund being issued. Please note second-hand smoke will also register as a positive test. If you test positive on the day of surgery, your surgery will be cancelled, you will lose any money paid and a rebooking fee of \$2,500 will apply.

### Travel Policy

It is our policy that you refrain from travelling outside of Ontario for three weeks before your surgery and that you do not travel outside of the country for eight weeks after your surgery. If you had plans for travelling around your surgery date, please reach out to your Patient Care Coordinator to discuss.

### Post –Op Instructions

Please note that you will **NOT** be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

**If you need to go to an Emergency Room/hospital/walk in clinic/family doctor or any other medical facility including calling Telehealth for any reason within 10 days after your surgical procedure, you must inform The Cosmetic Surgery Clinic ASAP!**

### Pre-surgical Prep

You may need to pick up the following complementary items from the clinic 3 days prior to your surgery: Arnica, and Dexidin 4 Detergent OR Dexidin 2 Solution. There is no need to make an appointment before picking these items up. They will be available at the front desk.

#### *What is Arnica?*

Arnica is a natural anti-bruising supplement that comes from the perennial plant of the same name. Arnica is a member of the sunflower family and grows in Western North America and Central Europe. It has a long history as a natural remedy for bruising and swelling. It is a dissolvable pill made of diluted arnica.

#### *How to use Arnica:*

We ask that you start Arnica two days prior to surgery. **Five** tablets should be placed under your tongue three times per day (approximately breakfast, lunch, and dinner). Do **NOT** take Arnica the morning of surgery. Resume until finished following your return home after the procedure. **Do not use Arnica if you have an allergy to ragweed or related plants)**

#### *What is Dexidin?*

Dexidin 4 Detergent OR Dexidin 2 Solution are antibacterial soaps. These products ensure your skin is clean for surgery.

#### *How to use Dexidin?*

Wash normally as if using body wash. **Only use from the neck down.** Dexidin is not meant for facial use. Please use Dexidin two days prior to surgery, up until including the morning of your surgery. You do not need to continue using this wash after surgery.

### Post Operative Pain Medication

You may be given the following post operative:

- Oxycodone for pain management as needed
- Acetaminophen (Extra Strength Tylenol) for routine pain management
- Colace (Soflax) to prevent constipation
- Lyrica (Pregabalin) for pain management/nerve receptor blocker
- Celebrex (Celecoxib) to help with swelling/inflammation