

general preoperative instruction sheet



Aspirin & Aspirin-Related Products

Aspirin and aspirin-related products (see following list) should not be taken either 7-10 days before and 7 days after surgery because they increase the tendency of bleeding. For this reason, it is very important that contents of any “over-the-counter preparations” be checked carefully prior to their use. Many headache preparations, cold remedies and “hangover cures” contain ASPIRIN. The chemical name of aspirin is acetylsalicylic acid.

Examples of drugs containing salicylates (aspirin) are as follows:

Acetidine	Bufferin	Liquiprin
Alka-Seltzer	Coricidin	Midol
Anacin	Darvon Compound	Pepto-Bismol
Anahist	Dristan	Persistin
APC	Ecotrin	Sal-Sayne
Aspirin	Empirin Compound	Stanback
BC	Excedrin	Theracin
Bromo-Quinine	4-Way Cold Tablets	Trigesic
Bromo-Seltzer	Inhiston	

Examples of aspirin-related products are as follows:

Advil	Ibuprofen	Orudis
Anaprox	Indocin	Oruvail
Ansaid	Indomethacin	Piroxicam
Arthrofect	Ketoprofen	Ponstel
Cataflem	Ketorolac	Relafen
Celebrex	Lodine	Sulindac
Celecoxib	Mefenamic Acid	Tolectin
Clinoril	Mobic	Tolmetin
Daypro	Motrin	Toradol
Diclofenac	Naprelan	Vioxx
Dolobid	Naprosyn	Voltaren
Etodolac	Naproxen	
Feldene	Nuprin	

You can substitute **TYLENOL** (acetaminophen) for these products if you require pain medication before surgery.

Check with your pharmacist if you are uncertain whether a medicine contains aspirin.

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Herbal Medications & Nutritional Supplements

Some herbal medications and nutritional supplements may also increase bleeding or photosensitivity (i.e., sun sensitivity). Please discontinue all herbal medications and nutritional supplements 7-10 days before and 7-10 days after surgery. In particular, discontinue use of the following medications and supplements 7-10 days prior to surgery and for 7-10 days after surgery. Some of the following plant foods, such as celery, dill, fennel, may be used in moderation in your diet.

Some herbal medications that may make you bleed:

Bilberry	Hawthorne	Sweet vernal grass leaves
Black cohosh rhizome	Horse chestnut bark	Sweet-scented bedstraw plant
Bromelain	Kava kava	Tonka bean seeds
Cayenne	Licorice root	Valerian
Dong quai	Ma huang (ephedra)	Vanilla leaf leaves
Echinacea	Meadowsweet flower	Willow bark
Feverfew	Melatonin	Wintergreen leaves
Fish oil caps	Poplar bark or buds	Woodruff plant
Garlic	St. John's wort	Yohimbe
Ginseng	Sweet birch bark	
Ginkgo biloba	Sweet clover plant	

Some herbal medications that may make you sensitive to the sun:

Angelica root & fruit	Cow parsnip	Fig
Celery	Parsley	Goosefoot
Dill	Queen Anne's lace	Lemon peel
Fennel	Agrimony	Psoralea seeds
Khella fruit	Bergamot peel	Rue leaves
Lomatium root	Bitter orange peel	St. John's wort
Lovage root	Buttercup plant	Yarrow plant

Vitamins

If you are taking a routine multi-vitamin, you may continue doing so. However, if you are taking any vitamin E pills, please stop 10 days before and 10 days after surgery, as this may increase your chance of bleeding.

Prescribed Medications

If you are taking prescription medications, e.g., for high blood pressure, please continue to do so even the morning of surgery, except:

1. If you are diabetic, please refrain from taking your diabetic pills or insulin injection the morning of surgery as you will not be eating or drinking anything that morning. Please also check your blood sugar level that morning prior to coming to the hospital or clinic. If your blood sugar is excessively low (below 80) you may take a few sips of orange juice.

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2. If you are taking prescription pain medications, e.g., for arthritis, please ask us if you can safely continue these medications. Some of these medications contain aspirin or aspirin-like products that may cause you to bleed. (See the previous page for list of aspirin-related products.)

If you are asthmatic, please take your inhaler(s) the morning of surgery as well as per your routine schedule.

Diet

Do not eat or drink anything (including gum, mints, etc.) after midnight the night before surgery unless the surgery is done under local anesthesia (please check with Dr. Lam if you are uncertain). On the morning of surgery, you may have a few sips of water when you take your prescription medications. Otherwise, do not eat or drink anything that morning.

Tobacco

Nicotine in any form, including cigarettes, cigars, chewing tobacco, and even transdermal patches and gum can adversely affect your wound healing. If possible, you are advised to stop all forms of tobacco 2 weeks before and after surgery, especially if Dr. Lam is performing a FLAP reconstruction (e.g., facelift, cancer reconstruction, etc.). There is a chance that you may compromise the success of your surgery if you should continue to take tobacco.

Alcohol

Abstain from *any* alcohol consumption 7 to 10 days prior and after surgery.

On the Day of Surgery...

1. Please wear a button-down shirt instead of a pullover shirt so that you may change clothes afterwards without disturbing your wound or soil your clothing.
2. Also do not engage in any vigorous cardiovascular exercise the morning of surgery. Increasing your blood flow with exercise the morning of surgery may increase your chance of bleeding.
3. Please make sure that you have arranged to have someone transport you home after the surgery if you're scheduled to go home afterwards. We also believe it is mandatory in many cases to have a companion or family member stay with you for the first 24 hours after surgery.
4. If you wear fingernail polish, please ensure that at least one fingernail is free of polish so that the pulse oximeter (the device that reads your oxygen levels) may properly function.
5. Please take a shower the morning of surgery and do not wear any makeup, moisturizers, perfumes.

Also...

Please read all your postoperative instructions very carefully now before your surgery.