



THE SPIEGEL CENTER
ADVANCED FACIAL AESTHETICS

Pre-Operative Instructions

Six weeks before surgery:

- Arrange travel plans to Boston and accommodations as necessary. If you would like to stay in the hospital longer than one night please inform our office.
- Quit smoking as soon as possible! This is an important factor in your recovery.
- Set up appointment with your primary care physician to discuss your surgery and perform a history and physical within 30 days of surgery. All patients require a detailed medical history and physical and some may require lab work prior to surgery.
- Facial (including neck) laser treatments should be postponed at this point and may be resumed 6 weeks following surgery.

Four weeks before surgery:

- Notify our office of any changes in your medical condition as this may interfere with your scheduled surgery (i.e. a cough, flu or cold symptoms).
- Visit your doctor for pre-operative exam (unless you are doing your pre-op work-up with us prior to surgery). Remember to bring your paperwork with you!
 - All payments are due at this time. Please remember separate payments may be required.

Two weeks before surgery:

- Purchase items on your shopping list.
- Advise our office of your travel plans and hotel arrangements.
- Arrange for an escort home if you are not staying overnight in the hospital. You are NOT permitted to leave the hospital without an escort if your surgery is outpatient.
- Contact us if you would like to set up a private duty nurse for your hotel recovery.

One week before surgery:

- Do not take any aspirin, ibuprofen (Advil, Motrin, Naprosyn, Vioxx) products, Vitamin E or Gingko Biloba or your surgery may be canceled.
- Do not drink any alcoholic beverages.
- Keep all scheduled appointments.
- Jot down any remaining questions to discuss with Dr. Spiegel prior to surgery.

Day of Surgery:

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!
 - Bath prior to your arrival to the hospital; however do not use any moisturizer, make-up or fragrance.
- Remove** all jewelry and nail polish.
- Bring photo identification with you to the hospital. Leave any valuables at home or in your hotel safe.

Surgical Shopping List



Please purchase the following prior to your date of surgery:
All items are available at a neighborhood drugstore.

All Patients:

Soft foods (pudding, applesauce, eggs, soups, yogurt etc.)

Flexible straws

Gentle face cleanser (Cetaphil is a good one)

Neosporin or similar ointment

Kleenex

Q-Tips

Hydrogen peroxide or Hydrogen peroxide pads

4x4 gauze pads

Thermometer (optional)

Frozen peas or blueberries and zip-lock bags for icing

Rhinoplasty Patients:

Saline Nasal Spray

Blepharoplasty Patients:

Saline Eye drops (optional)

Coblation Patients:

Vaseline