



## **Pre-Operative Instructions**

### **Six weeks before surgery:**

- Arrange travel plans to Boston and accommodations. If you would like to stay in the hospital longer than one night please inform our office.
- Quit smoking as soon as possible!
- 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 labwork prior to surgery.
- Facial (including neck) electrolysis treatments should be postponed at this point and may be resumed 3 months following surgery. Laser treatments should be discontinued at least 6 weeks before surgery and resumed at least 6 weeks after 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:**

- ALL HORMONES SHOULD BE DISCONTINUED without exception. This includes Spironolactone.
- 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! This includes no gum, candy or water.
- 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