

CONFIRMATION OF SURGICAL ARRANGEMENTS FOR _____

PROPOSED SURGICAL PROCEDURE(S) _____

DATE & TIME OF SURGERY _____

LOCATION _____

DAY OF SURGERY ARRIVE AT _____

The following pre-operative instructions are given for your benefit. It is necessary that you follow these instructions closely in order to ensure that you derive the best possible result from your surgery. If for some reason you are unable to follow the instructions, please call our office as soon as possible. *Feel free to call us with any questions you may have regarding these instructions for your upcoming surgery.*

1. You may be required to have lab work done prior to your operation.
Please have lab work done at _____
2. To help diminish the amount of swelling and discoloration following surgery, we request that you take a multivitamin. Do not take this the morning of your surgery. Begin taking these vitamins 1 week before surgery and continue them for 1 week following surgery.
3. You may be given a prescription for an antibiotic. Begin taking this the day before surgery, and continue this until all the medication has been taken. Do not take these the morning of your surgery.
4. Do not take aspirin (acetylsalicylic acid) products that contain aspirin (Anacin, Bufferin, Emprin, Excedrin, Darvon Compound, Fiorinal Stanback), or products that contain Ibuprofen (Advil, Alieve, Medipren, Motrin, Nuprin) Panadol or Tylenol may be used instead of aspirin. Medication for arthritis or back pain may need to be discontinued prior to surgery.
Any medication taken within a two-week period prior to surgery, including over the counter products, must be approved by Dr. Echavez.
5. No alcoholic beverages for at least 48 hours prior to surgery.
6. Patients who smoke should discontinue smoking one month prior to surgery and for two weeks following surgery.
7. You should not have a permanent or hair coloring within 10 days prior to surgery and for six weeks following surgery.
Women who wear their hair short and are having a facelift procedure should not have their hair cut within 4 weeks of surgery.
8. Avoid the use of tanning beds, sun lamps and overexposure to the sun for at least one week prior to surgery.
9. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** Exception: You may have a small amount of clear liquids (water, coffee & tea without cream, non-pulp containing juice) up to four hours before your scheduled start of surgery.
10. Patients receiving medication for hypertension or cardiac ailments should take their medication with a small amount of water the morning of the surgery.
11. Wash your hair and face thoroughly the night before surgery. Patients who are to have hair transplant or facelift surgery should wash their hair the morning of the surgery as well. Men should shave closely the day of surgery, particularly in the upper lip area. Men with mustaches do not need to remove the mustache unless instructed by Dr. Echavez.
Do not apply anything to your hair after it is washed.

12. On the day of surgery remove all makeup, false eyelashes, wigs, hairpieces, and jewelry. Please wear a shirt that buttons up the front and pants that are elastic-waisted, such as jogging pants. Women should not wear panty hose. Wear low heeled shoes. Our suggestion is a pair of athletic shoes and a warm pair of socks or a pair of footies.
13. **Patients must arrange for someone to pick them up following surgery.** It is imperative that you not be alone the night of your surgery. **We will be unable to proceed with surgery if these arrangements are not made.**
14. Overnight patients need to have someone bring them to the surgery site the morning of surgery, and pick them up the following morning.
15. You may want to bring a scarf, sunglasses, or other articles to cover your dressings when you leave the surgery site.
16. Please contact us immediately for instructions if you develop a cold, sore throat, fever blisters, or any skin eruptions on the face. None of these conditions would prevent surgery from being carried out, but we may wish to give you some additional instructions.
17. Please notify us immediately if you should need to postpone your surgery so that we may fill the vacancy in our surgery schedule.