

Preop Checklist

At the time of surgical scheduling:

- If your procedure is under oral sedation, IV sedation, or general anesthesia, please arrange for someone to take you home from the hospital or surgery center. You will not be allowed to drive or leave alone.

6 weeks before surgery:

- Discontinue all nicotine products

2 weeks before surgery:

- Discontinue all medications/supplements that may thin your blood:
 - Aspirin
 - Ibuprofen (Advil, Motrin)
 - Naproxen (Aleve)
 - Any other non-steroidal anti-inflammatory medications
 - Vitamin E
 - Herbal supplements
 - Any other medications containing any of these compounds
- Discontinue GLP-1 inhibitors (Ozempic class)
- If undergoing septorhinoplasty, discontinue steroid nasal sprays (Flonase, Nasacort, etc)
- Prepare for recovery and wound care (**refer to your specific procedure**):
 - The following items are beneficial for **all types of surgery**:
 - Tylenol, regular strength – to be used instead of (not in addition to) narcotic pain medication
 - Probiotics – to help reduce GI distress from oral antibiotics
 - Ice packs – to help reduce bruising/swelling in the early period
 - Wedge pillow – to keep head elevated while sleeping
 - Throat spray/lozenges – to help with sore throat after sedation/general anesthesia
 - If undergoing **septorhinoplasty**:
 - Q-tips
 - Hydrogen peroxide
 - Nasal saline spray

- Eyeglass suspenders
- If undergoing **eyelid surgery**:
 - Q-tips
 - Distilled water
 - Aquaphor
- If undergoing **any other skin surgery** (facelift, submentoplasty, otoplasty, earlobe repair, scar revision, skin cancer repair, cyst/lipoma excision, etc):
 - Q-tips
 - Hydrogen peroxide
 - Vaseline
 - 4x4 gauze
 - Telfa “nonstick” pads
 - 3M micropore tape
- Prepare for bruising (optional):
 - Bromelain – 500mg twice per day, starting 1 week before surgery and continuing 2 weeks after surgery
 - Arnica – 4 pills 4 times per day, starting 4 days before surgery and continuing 4 days after surgery

1 day before surgery:

- Phone call from the hospital or surgery center to give you your arrival time for surgery
- Shower at night, no cologne or perfume
- If undergoing IV sedation or general anesthesia, do NOT eat or drink anything, including water, after midnight

Surgery day:

- Wear loose clothing, no makeup, no piercings
- Bring ID, insurance card, and containers for glasses/contacts/dentures/hearing aids