

NAME _____ CHART # _____ DATE _____

THE FLOWERS CLINIC

Robert S. Flowers, M.D.

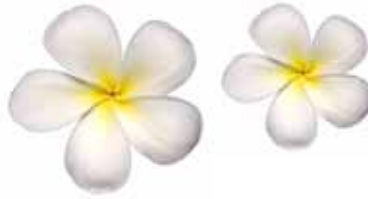
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PREOPERATIVE INSTRUCTIONS

1. You are scheduled for surgery on _____ at _____.
2. Please call our office the day prior to your surgery or on Friday if your surgery is scheduled for Monday, to obtain your arrival time.
3. Come through the front entrance, Suite 1011, in the morning of surgery.
4. Wear clothes that are loose and comfortable, button down or zippered shirt or jumpers (preferably no bra). You might be more comfortable wearing a bathrobe and slippers home, so bring these with you on the morning of surgery. Do not wear makeup, moisturizers, lotion, and underarm deodorant. Please leave all jewelry (*including body piercing*) and valuables (*purse, wallet, etc...*) at home. Warm socks usually add to comfort.
5. **DO NOT EAT ANYTHING AFTER YOUR EVENING MEAL (NOT LATER THAN 9 PM) AND DO NOT DRINK ANYTHING AFTER 12 O'CLOCK MIDNIGHT THE EVENING PRECEDING THE SURGERY. ABSOLUTELY NO BREAKFAST OR LIQUID IS PERMITTED THE MORNING OF SURGERY. FAILURE TO FOLLOW THIS RULE MAY RESULT IN A CANCELLATION OF SURGERY.**
6. Have all prescriptions filled and leave them at home. These *medications* are for AFTER surgery unless otherwise instructed.
7. Take **NO** aspirin-containing products, **NO** ibuprofen products (Advil, Motrin, Midol, etc.), **NO** multivitamins and **NO** vitamin E between now and for 4 weeks after surgery.
8. Take **NO** garlic and/or garlic pills and Chinese herbs or other herbal health supplements for two weeks prior to surgery and for 4 weeks after surgery.
9. You may take Tylenol anytime before and after surgery.
10. Keep alcohol intake to an absolute minimum or avoid it altogether.
11. Take supplementary vitamin C (500 mg) tablets twice a day between now and the time of your surgery; however, stop taking vitamin C the day before surgery.

- 12. Do not eat kimchee 48 hours prior to surgery.
- 13. A responsible adult must accompany you at the time of your discharge. Because of our concern for your safety and well-being, an adult should be with you at least until the morning following surgery. That person should also be willing to assist you with liquids and other dietary intake, and assist you to the bathroom.
- 13. A car with a back seat large enough for reclining is desirable for the trip home. Occasionally a person may be a little more dizzy and nauseated at the time of discharge than is optimal. Therefore, the ability to recline is important. Medical van transportation is available should you desire.

NOTE: WE WILL NOT DISCHARGE YOU TO THE CARE OF A CAB DRIVER.

- 14. Have your ride call BEFORE coming to the office to take you home.
- 15. Do NOT drive for 24 hours after surgery or while on any form of pain medication. If your surgery has any specific driving restriction, please follow instructions.

Special instructions:

For breast, tummy tuck, and liposuction surgery:

- a. Wash your entire chest and underarms with soap for three days, twice a day before surgery and the morning of surgery. Clean inside the belly button vigorously.

For facial and forehead lift surgery:

- a. Shampoo your hair the night before and the morning of surgery with your regular shampoo vigorously.
- b. Wash your face, ears, and neck with your regular soap for two days, twice a day, before surgery and the morning of surgery.

Additional Notes: _____

All of the above information has been explained to me and I fully understand these instructions.

 Patient Signature

 Date

 Witness

 Date