WELLSPRING
PLASTIC SURGERY

PRE-OPERATIVE INSTRUCTIONS OTOPLASTY SURGERY

1.Please make us aware of all medications you are taking. Begin taking your VitaMedica supplements provided to you-
Clinical Support- two weeks prior to surgery and two weeks after.
Bromelain-three days prior to surgery and continue for 7 days
Full instructions on VitaMedica pack

2.Do not take aspirin or aspirin containing products two weeks prior or two weeks after surgery as it may cause excessive bleeding. Tylenol is a good medication to take for any aches or pains before your surgery.

3.Diet medications are to be discontinued four weeks prior to surgery.
Please make us aware of all medications you are taking.

4.If you develop a cold, facial sore, or any other illness prior to the date of your surgery, please notify us.

5.Smoking will affect the way you heal. It is critical that you DO NOT SMOKE AND AVOID PLACES WHERE PEOPLE SMOKE FOR AT LEAST ONE MONTH BEFORE AND A MINIMUM OF ONE MONTH AFTER YOUR SURGERY. NOTIFY US IMMEDIATELY IF YOU ARE UNABLE TO AVOID CIGARETTES.

6.The Evening Before Your Surgery-Make sure that you have any prescriptions your surgeon has prescribed for you filled and available to you immediately after your surgery. Bring them with you to the surgery center.

7.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT IF YOUR SURGERY IS SCHEDULED BEFORE NOON.

8.Shampoo your hair and wash your face. Do not use gel, mousse, or spray after shampooing.

9.The Morning of Your Surgery-DO NOT EAT OR DRINK ANYTHING IF YOUR SURGERY IS SCHEDULED BEFORE NOON. If your surgery is after noon, be sure that nothing is consumed 8 hours before your surgery. Take any prescribed medications with a sip of water. Do not chew gum.

10.Do not apply body lotion or powder to any part of your body.

11.Do not wear any makeup.

12.Do not wear contact lenses, panty hose, pull over tops or jewelry (includes all piercings) to the surgery center. Dress in loose comfortable clothes, button-up tops are best. Wear slip on shoes. If you wear dentures or contacts, please bring a container.

13.If you are having surgery on an outpatient basis, the person taking you to the surgery center will be required to stay and listen to all instructions. You will not be allowed to drive yourself from the surgery center.

If at any time you have any questions, problems, or concerns please contact the office at (512) 600-2888. After hours, if it is an emergency, listen to the recording for instructions.