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Aesthetic and Reconstructive Plastic Surgery
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Pre-op Instructions for General Anesthetic Procedures

- DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE EVENING PRIOR TO YOUR SURGERY.
- **ABSOLUTLY NO SMOKING** for a minimum of 4 weeks prior to and 4 weeks following surgery.
- **DO NOT** take any Aspirin or Aspirin-based products, Ibuprofen or Ibuprofen-based products, Vitamin E or Herbal supplements for two weeks prior to your surgery as well as ten days after your surgery. These medications may increase bleeding and may affect your blood pressure. You may use Tylenol and Tylenol-based products if needed. Please call the office with all medication related questions.
- Bathe or shower the night before or morning of your procedure using an anti-bacterial soap. You will most likely not shower until day 2 post-op. In the event you are discharged with drains, you will only be permitted to sponge bathe until the drains are removed. Showers and baths will increase the risk for infection while drains are in place.
- You **MUST** have a responsible party designated to drive you home after surgery. You will not be able to drive until Dr. Baldwin releases you to do so.
- Leave **ALL** make-up, contact lens and jewelry of any kind at home on the day of your surgery. You are encouraged to bring reading glasses if they are needed to correct your vision.
- Please wear something comfortable and easy to dress into with flat shoes and preferably with a slip proof sole to wear for your return home.
- At your pre-operative visit Dr. Baldwin prescribed medications to prevent infection and provide pain relief. These prescriptions should be filled prior to surgery so the medications are available to you when you return home from your procedure.