

PREOPERATIVE INSTRUCTIONS AND CHECKLISTS FOR B.LĒV SURGERY CENTER

B.LĒV Surgery Center and Interlude Restorative Suites

- To read more about our surgery center and Interlude, visit <https://www.harringtonplasticsurgery.com/about-us/facilities/>.
- For a virtual tour of B.LĒV Surgery Center, visit <https://www.harringtonplasticsurgery.com/vt/surgery/>.

General Guidelines

- If you develop a cold, sore throat, fever or any other illness prior to your procedure date, notify your surgeon immediately.
- Surgery patients need to arrange for a responsible adult, age 18 years old or older, to drive you home and stay with you a minimum of 24 hours once you arrive home. If this has not been arranged it may result in possible cancellation of your surgery.
- Plan to bring your glasses, hearing aids, dentures or other assistive devices with you if you rely on them. Once you go into surgery, these devices will be given to your family.

Medications and Supplements

- *Blood thinners*: Medications such as Coumadin, heparin, aspirin, plavix and non-steroidal antiinflammatory drugs (NSAIDs) affect the body's blood clotting capabilities. These medications are usually stopped at least 7 days prior to surgery. Please contact your physician regarding a stop date for these medications. *Diabetics*: if you take insulin or an oral hypoglycemic, contact your doctor for instructions on how to manage your diabetes for the night before and the morning of surgery.
- *Inhalers*: you may use your inhaler the morning of surgery and please bring it with you on the day of surgery
- *Vitamins and Supplements*: due to interactions with anesthesia, the anesthesia provider requests you STOP all herbal, supplements and vitamins 7 days prior to your surgery.
- You must stop all weight loss medication Ex: **Phentermine**, at least 2 weeks prior to surgery
- You CAN take *blood pressure* medications with a sip of water the morning of surgery.

Day Before Surgery

- The day before your surgery you should eat a normal meal for dinner and drink plenty of fluids, 6-8 glasses of water or juice, unless you are on a fluid restriction or your surgeon has specified otherwise.
- Do not drink alcoholic beverages or smoke for 24 hours prior to your procedure.
- In an added effort to prevent infection, shower the night before and the morning of surgery. If your surgeon has not provided specific bathing instructions, please follow the instructions included in this document.
- Remove all jewelry, make up, finger/toe polish and body piercings prior to arrival at the hospital and leave all valuables at home.

Day of Surgery

- NOTHING to eat or drink after midnight the day of surgery *unless* otherwise instructed by your physician. This includes hard candy, mints, gum, cough lozenges or sips of water.
- Brush your teeth, but please swish and spit out the water, do not swallow.
- Do not bring any valuables with you to the surgery center.
- Do not wear contact lenses. If you wear eyeglasses remember to bring a case to store them while in surgery.
- Wear loose fitting clothes and low-heeled, closed toe shoes.
- Guest Wi-Fi is available in our clinic.
- Be sure to give any personal items to family or friends to hold while you are in surgery.
- Patients staying overnight at Interlude Restorative Suites may bring a bag of items you may need for your stay such as toiletry items, slippers, robe and a change of clothes for your discharge. Please leave your bag in the car and have your visitors bring it to you when your post-op room is assigned.

When you arrive

- At your scheduled arrival time, go to the front desk of the clinic. You will be escorted to the surgery center.
- You are scheduled to arrive approximately 45-60 minutes prior to surgery to allow time for the nurse to perform an assessment and prepare all required paperwork.
- In the preoperative area, you will meet your anesthesia provider and speak with your surgeon prior to your procedure. This gives you time to ask questions and address any concerns you may have prior to surgery.

Recovery and what to expect after surgery

Once surgery has been completed, you will be brought to the recovery room, also known as the post anesthesia care unit (PACU). Clinical staff will monitor you closely as you recover from anesthesia. The length of time spent in recovery depends on the type of anesthesia and the individual patient. Clinical staff may do the following while monitoring patients in recovery

- Monitor vital signs such as temperature, blood pressure, pulse and breathing.
- Monitor for any signs of complications.
- Maintain the patient's comfort with pain medication and body positioning

After the recovery room, you and your visitor will receive discharge instructions. If you are staying overnight at Interlude Restorative Suites, you will be transferred to your room where your visitors can join you.

Patient Role in Prevention of Surgical Infections

Good hand washing is the best defense in preventing infection!

- Ask family and friends who visit you not to touch the surgical wound or bandages. Instruct them to clean their hands thoroughly before and after visiting you.
- Learn about taking care of your wound and know who to contact if you have questions or problems before leaving the surgery center.
- Always clean your hands before and after caring for your wound at home.
- Call your doctor immediately if you have any signs of infection such as redness or increased pain at the surgical site, drainage, body aches or fever.