



Capitol Plastic Surgery

Dr. Sal Ashruf

Board Certified Plastic Surgeon

GENERAL PATIENT INSTRUCTIONS

The following instructions are general guidelines for patients undergoing cosmetic or reconstructive surgery. There may be more detailed instructions for specific procedures as well.

1. MEDICATIONS

For two (2) weeks prior to surgery, avoid aspirin or any aspirin containing products, any non-steroidal anti-inflammatories such as: ibuprofen, Motrin, Aleve, Advil, Celebrex, Vioxx, Doan's, BC powders, Excedrin (with aspirin). You may take Tylenol. Do NOT take herbal medications. Please inform your physician if you are taking any of these medications.

2. SMOKING

Do NOT smoke at least two (2) weeks prior to surgery, four (4) weeks for abdominoplasty and facelift patients.

3. EATING

Do NOT eat or drink anything after midnight the night prior to surgery. You may brush your teeth and take any approved medications with a small sip of water only.

4. HYGIENE

Take a shower and wash your hair the morning of the surgical procedure. Do NOT wear makeup or hair products such as hairspray or gels. If possible do NOT wear any nail polish the day of surgery.

5. SUN EXPOSURE AND SKIN CARE

Avoid heavy sun exposure for two (2) weeks prior to surgery. Wear a sun-block of SPF-20 or greater. Retin-A should be discontinued at least one (1) week prior to facial procedures.

6. PRE-OPERATIVE ILLNESS

Call the office if you develop any signs of illness within the week prior to surgery. For facial procedures, if you see evidence of a "cold-sore", notify the physician immediately.

7. ESCORT AND SEDATION

Following any procedure involving sedation or anesthesia, patients **MUST** have an escort to accompany them from the facility. If you are having an office procedure that requires pre-medication with a sedative, arrange for an escort to accompany you.

8. POST-OPERATIVE MEDICATION

Necessary prescriptions will be given prior to surgery or while you are in the hospital.

9. FOLLOW-UP APPOINTMENTS

If not previously arranged, call the office the day following surgery in order to arrange visits for suture or drain removal.

10. EXERCISE AND ACTIVITY

Avoid strenuous activity or heavy lifting for 4 to 6 weeks after surgery. However, your physician will inform you of specific activities to avoid based on your surgical procedure.

11. CLOTHING AND JEWELRY

Wear loose fitting clothing the day of your procedure. Avoid clothing that must be pulled over your head. Do **NOT** wear jewelry.

PLEASE CALL THE OFFICE AT 410-590-4313 IF YOU HAVE ANY QUESTIONS OR PROBLEMS