



BARBOUR

PLASTIC SURGERY

Pre-Operative Instructions

7-10 Days Before Surgery:

- Make sure any pre-operative appointments to be cleared for surgery have been completed. Contact the physician's office that did the clearance to be sure this information has been sent to Dr. Barbour's office via fax or email.
- Compile an up to date list of all of your current medications and medical allergies to bring with you day of surgery.
- Discontinue taking **ASPIRIN, IBUPROFIN, or BLOOD THINNERS** (i.e. Coumadin, Warfarin), as these interfere with normal blood clotting during surgery. Speak with your PCP or cardiologist to discuss when it is safe to discontinue these medications prior to surgery or if you have concerns.
- Please **DISCONTINUE ALL HERBAL MEDICATIONS**, as these may have side effects that can cause complications.
- No smoking or participation in other nicotine sources, as this can complicate surgery and healing.

One Week Prior to Surgery:

- Do not consume alcohol or take drugs for one week prior to surgery and one week after.
- If your skin tolerates, begin using an antibacterial soap such as Dial, Safeguard or Lever when bathing.
- Arrange for a responsible adult to drive you to and from the hospital on the day of surgery and remain with you for 24 hours after surgery. Cabs or Ubers will NOT be allowed to take you home from surgery.
- Notify your surgeon's office if there is any change in your health status before your surgery such as cold, sore throat, cough, fever or flu-like symptoms, infection or rash at surgical site. Please **DO NOT** wait until day of surgery.
- The hospital will contact you to set up a pre-operative interview to go over instructions and answer questions.
- Speak with Dr. Barbour's office to schedule your post-op appointment for after surgery if you do not have one already.

Night Before/Day of Surgery:

- Shower with an antibacterial soap the night before and the morning of surgery. Do not apply lotion, perfume, cologne or hair products.
- **DO NOT** eat or drink anything (including water) after midnight the night before your surgery. You may brush your teeth and gargle the morning of surgery but do not swallow any water.
- Confirm during your pre-op interview with the hospital what regular medications you can take the morning of surgery.
- When you arrive for surgery please bring: Driver's License or Photo ID, a list of current medications and your insurance card.
- If you wear contacts **DO NOT** wear them on the day of surgery, please wear glasses and bring your eyeglass case.
- **DO NOT** bring any valuables or wear any jewelry or watches.
- Wear comfortable, loose-fitting clothes.

Should you have any questions or concerns, please do not hesitate to call or email our office.

Phone: (703) 972-6655 | **Fax:** (703) 738-6454 | **Email:** patients@drjohnbarbour.com