

Élan Clinic Plastic Surgery & Medspa

General Pre-op Instructions

1. Your procedure is scheduled on _____ (Date) at _____ AM/PM. If for any reason you need to reschedule or cancel, please call our office (530-273-3400) as soon as possible.
2. **DO NOT TAKE ANY OF THE FOLLOWING MEDICATIONS, VITAMINS, OR SUPPLEMENTS BEGINNING 2 WEEKS BEFORE SURGERY AND DO NOT RESUME TAKING THEM AFTER SURGERY UNTIL DR. LATTYAK HAS EXPLICITLY INSTRUCTED YOU IT IS OK TO DO SO:**
 - Aspirin, Ibuprofen (aka Motrin, Advil), or any other Non-Steroidal Anti-Inflammatory Drugs (e.g. Aleve, Naproxen, Celebrex)
 - Vitamin E or FISH OIL
 - ANY herbal supplements (e.g. St. John's Wort, Turmeric, Curcumin)
3. Please notify Dr. Lattyak if you are taking any prescription anti-coagulation/blood thinning medication, for example Warfarin, Coumadin, Eliquis, Xarelto, or Plavix, as these medications increase the risk of bleeding with your procedure. Unless your prescriber objects, Dr. Lattyak will instruct you if/when to stop taking blood thinners prior to your procedure and when you should resume them post-op.
4. Consider using Arnica Montana daily beginning 2 weeks before until 1 month after procedure. Arnica can reduce bruising and swelling from surgery.
5. **DO NOT SMOKE ANY TOBACCO PRODUCTS, CIGARS, MARIJUANA, OR TAKE ANY NICOTINE PRODUCTS BEGINNING 4 WEEKS BEFORE SURGERY AND DO NOT RESUME TAKING THEM AFTER SURGERY UNTIL DR. LATTYAK HAS EXPLICITLY INSTRUCTED YOU IT IS SAFE TO DO SO.**
6. If you need to take an over the counter pain medication in the 2 weeks prior to surgery, plain or extra-strength Tylenol is OK to take as directed. Beware of other pain medications (e.g. Excedrin) as they may contain aspirin or other NSAIDS that can cause bleeding.
7. Plan on minimal activity for the first 7 days following surgery and GRADUALLY increasing your activity. No housework, vacuuming, lifting (including children, weights), working out, etc. Then slowly start working back into your normal routine.
8. Avoid all alcoholic beverages for 24 hours before surgery. If your procedure is in the office under local and/or oral anesthesia, you may have a light breakfast on the day of your procedure. If your procedure is at the Grass Valley Surgery Center or Sierra Nevada Memorial Hospital, you will receive specific pre-op instructions regarding eating and drinking before surgery; **unless instructed otherwise, do not eat or drink anything after midnight the night before surgery.**

9. If your procedure involves general anesthesia or sedation anesthesia (including oral sedation in the office), you will need to have a responsible adult drive you home and be with you for 24 hours after your surgery. They should be available to speak with the staff to review post-op instructions.
10. Remove all makeup (lipstick, mascara, and/or eye shadow) and wash your face thoroughly the night before your procedure.
11. Wear comfortable loose-fitting clothing: a button-down shirt, easy slip-on pants or shorts, and flat shoes are recommended. **If you have an office-based procedure involving the lower extremity, you should wear shorts or loose pants that can be pulled up at least to mid-thigh level.**
12. Report any infections either before or after surgery to Dr. Lattyak, including cold sores.
13. Do not wear any jewelry made of metal such as watches, rings, earrings, necklaces, or body rings. Do not wear contact lenses. Bring your glasses with you to sign the necessary paperwork.
14. Check with Dr. Lattyak or the office staff regarding the medications you should take the morning of your procedure. A general rule is that heart and blood pressure medications should be taken with a small sip of water.
15. If Dr. Lattyak prescribes any medications, be sure to pick them up and take them as directed.