



HOBGOOD FACIAL PLASTIC SURGERY

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All patients anticipating surgery must stop the use of all sources of ASPIRIN. Aspirin is a very strong anticoagulant that causes profound bleeding problems in normal individuals. Therefore, **YOU MUST STOP TAKING ASPIRIN & ASPIRIN-CONTAINING PRODUCTS FOR TWO WEEKS PRIOR TO SURGERY AND TWO WEEKS POST-OPERATIVELY.** The following are only a few of many aspirin or blood-thinning products to be avoided. If there is any medication you question that is not listed, check with your pharmacist.

Accutane	Cama-Inlay –Tabs	Fish Oil	Robaxial
Amigesic	Congespirin	Ibuprofen	Sine-Aid
Advil	Celebrex – hold 2	Indocin	Sine-Off
Adipex-P	days pre & post op	Measurin	Stedin
Anacin	Cheracol Capsules	Midol with Aspirin	SK 65 Compound
Aleve	Cope	Mobic	Capsules
Anaprox	Clinoril	Monacet with	Ster-Darvon with
Ascodeen-30	Coricidin	Codeine	Aspirin
Ascriptin	Darvon Compound	Naprosyn	Synalgos D.C.
Alka Seltzer	Daypro	Naproxen	Suprenza
Anti-Inflammatories	Dristan	Norgesic	Tolectin
Aspirin	Ecotrin	Nuprin	Triaminicin
Bayer Aspirin	Excedrin	Pabrin Buffered Tabs	Vanquish
Buffadyne	Emprazil	Plavix – hold 10 days	Vitamin C & E
Bextra – hold 2 days	Empirin	pre op & 5 days	(multivitamin is OK)
pre & post op	Equagesic	post op	Vioxx – hold 2 days
BC Powder	Feldene	Panalgesic	pre & post op
Bufferin	Fen-Phen	Percodan	Voltaren
Buff-A-Comp	Fiorinal	Persistin	Zomax
Butalbita		Phentermine	

Please discontinue use of **ALL** herbs, especially Garlic, Ginseng, Gingko and Ginger. If you must take something for headaches or other aches/pains, **YOU MAY TAKE TYLENOL or ACETAMINOPHEN PRODUCTS (as directed).** The following are some aspirin-containing **topical** medications to be avoided:

Absorbent Rub	Bengay Products	Icy Hot	Panalgesic
Analgesic Balm	(ALL)	Infra-Rub	Rid-A-Pain
Absorbine Jr.	Braska	Lini-Rub	Rumarub
Antiphlogistine	Counterpain Rub	Deep Heating/	Sloan's
Act-On-Rub	Dencorub	Mentholatum Rub	Solstice Quick Rub
Arthralgen	Doan's Rub	Minit Rub	SPD
Anabalm	Emul-O-Balm	Musterole Deep Str.	Stimrub
Aspercreme	End-Ake	Neurabalm	Surin
Banalag	Exocaine Products	Oil-O-Sol	Yager's Linament
Baumodyne	Heet	Omega Oil	Zemo Liquid Ext. Str.
			Zemo Ointment

PRE-SURGICAL INSTRUCTIONS

It is **VERY IMPORTANT** to follow these instructions **VERY CLOSELY**:

- ❖ **ALL PRE-OP TEST RESULTS (i.e. Bloodwork, EKG, Chest X-Ray) MUST BE SENT TO OUR OFFICE AT LEAST 2 WEEKS PRIOR TO YOUR SURGERY.**
- ❖ Eat only a light, healthy meal at dinner the night before surgery, *or liquids if indicated.*
- ❖ DO NOT drink any alcoholic beverages during the day or night before surgery.
- ❖ **DO NOT EAT OR DRINK (including water) ANYTHING 8 HOURS PRIOR TO SURGERY.** This includes gum, candy and mints. Please note that if you are having your procedure under local anesthesia, you may eat and drink as you normally would.
- ❖ **DO NOT SMOKE FOR 2 WEEKS PRIOR TO SURGERY/2 WEEKS AFTER SURGERY.** Smokers are advised that smoking prior to surgery can interfere with the effectiveness of anesthesia and could cause delayed healing after surgery. Certain surgeries are quite dangerous when performed on patients using any type of nicotine-containing product due to vasoconstriction (collapse) of blood vessels.
- ❖ You may brush your teeth the day of surgery, but avoid swallowing.
- ❖ Shower/bathe on the morning of your surgery as you normally do.
- ❖ Please do not wear any metal items such as jewelry or body piercings. Leave purses, money, credit cards, and other valuables at home.
- ❖ Do not wear any makeup. Bring cases to store glasses, contact lenses or dentures during surgery.
- ❖ If your surgery is insurance-related, please bring a copy of your current insurance card if you have not already done so at a previous appointment.

Following any surgery that requires general anesthesia, it is very important to have a caretaker for the first 24-hour period after surgery. YOU MUST HAVE A DRIVER TO AND FROM THE SURGICAL CENTER. This does not include taxis, Uber, Lyft, etc. Your caretaker must be in attendance at the time of your discharge to receive any last minute post-operative instructions from the recovery nursing staff.

SHOULD YOU HAVE ANY QUESTIONS, AT ANY TIME, PLEASE DO NOT HESITATE TO CALL US AT THE OFFICE AT 480-214-9955.