



CANADIAN PLASTIC SURGERY CENTRE

Preoperative Instructions

These are guidelines for you to follow prior to your procedure. These should not be a substitute for any specific instructions that you receive directly from our office. Should you have any questions or concerns in the time leading up to your surgery, do not hesitate to contact our office at 416-244-8377.

Always thoroughly read all instructions provided by our office at the time of booking your surgery

PLEASE notify Dr. Chivers or his nurse if you are on ANY blood thinning medications such as COUMADIN (WARFARIN), CLOPIDOGREL (PLAVIX), DABIGATRAN (PRADAXA) or ASPIRIN and the condition for which you are taking the medication. Depending on the condition for which you are taking these medications, you may/may not be required stop these medications 1-2 weeks prior to surgery per you family doctor/specialist's direction.

One Month Prior To Surgery

Please ensure that you have booked a pre-operative appointment at the office one month prior to surgery for which you will be required to bring your final payment with you.

At this appointment you will have your lab drawn, take preoperative photographs, sign final consent and be shown the check in procedure for your day of surgery. Of course you will also be able to ask any remaining questions you may have.

NO SMOKING OR SECOND HAND SMOKE EXPOSURE because nicotine reduces blood flow to the skin and can cause significant complications during healing for *two weeks* prior to surgery and for *four weeks* following procedure.

Two Weeks Prior to Surgery

PLEASE DISCONTINUE ALL BLOOD THINNING MEDICATIONS IF ADVISED.

Please **DISCONTINUE ALL HERBAL VITAMINS OR MEDICATIONS** as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.

Please **DISCONTINUE ALL DIET PILLS** whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.

You may take Tylenol or generic forms of this drug. Tylenol does not interfere with blood clotting or healing.

Contact our office should your medical history have changed since your consultation (i.e. any new medications, medical concerns, other medical investigations being done by any other physicians).

One Week Prior to Surgery

DO NOT take or drink any alcohol or drugs for one week prior to surgery and one week after surgery as these can interfere with anesthesia and affect blood clotting.

If your skin tolerates, use a germ-inhibiting soap for bathing, such as Dial, Safeguard, or Lever 2000 for at least one week before surgery.

DO arrange for a responsible adult to drive you to and from the facility on the day of surgery, since you will not be allowed to leave on your own.

DO arrange for a responsible individual to spend the first 24 hours after surgery with you, since you CANNOT be left alone.

Night Before Surgery & Morning of Surgery

DO NOT eat or drink anything (not even water) after midnight the night before your surgery.

No gum, candy, mints or coffee the morning of surgery. Do not sneak anything as this may endanger you. If you are on regular medications, please clear these with our office prior to your procedure.

DO take a thorough shower with your germ-inhibiting soap the night before and the morning of surgery. Shampoo your hair the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection. You may brush your teeth the morning of surgery **but do not drink anything.**

DO Shave any areas such as pubis or armpits where bandages are likely to be applied near such as for abdominal or arm surgery.

DO NOT apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.

DO NOT wear contact lenses to surgery. If you do wear glasses, bring your eyeglass case.

DO wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear home is a button-up top and pull on pants. You will want easy-to -slip-on flat shoes.

DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.

You must have an adult drive you – to and from surgery. Please note that a cab or bus driver will not be allowed to take you home after surgery. On arrival, be sure we know your driver's name, phone numbers, and how we will be able to reach them. If you are not recovering at home, it is very important that we have the number where you will be after surgery.

Should you have an emergency please call Centenary Hospital Locating at (416) 281-7111 and ask to have Dr Quinton Chivers paged and/or if necessary proceed to the **Centenary Hospital emergency where Dr Chivers can meet you. Should your issue not be emergent please contact the office during normal daytime hours (416) 244-8377 or email info@canadiansurgery.com