



RECOMMENDATIONS PRIOR TO SURGERY

1. Medications:

- **Discontinue:** Stop taking Aspirin, Ibuprofen (Advil, Motrin, Aleve) or any medications labeled as NSAIDS, at least two weeks before your surgery. Tylenol is acceptable.
- **Supplements:** We will review the list of supplements you take during your pre-operative visit. In general, these supplements need to be stopped 2 weeks before surgery (See List Below).
- **Cigarette Smoking:** Cigarettes, nicotine vapes, pens/cartridges, e-cigarette's, nicotine gum and hookah (anything that contains nicotine) need to be stopped 6 weeks before surgery.
- **Continue:** Please continue all other prescribed medications unless instructed otherwise by our nurse.
- **Recovery Aids:** We recommend having the following items ready for your recovery:
 - Stool softeners (e.g., Colace, Smooth Move tea)
 - Tylenol 500mg tablets
 - Arnica tablets- Start taking these 1 week before the surgery. You can continue this for up to 2 weeks after the surgery.
 - Extra pillows for comfort. A wedge pillow helps with positioning.

2. Pre-operative Lab Work:

- If you were prescribed pre-operative lab work, please complete them at least two weeks prior to surgery and send the report to our office as requested.

3. Preoperative Instructions:

- Our surgical nurse and anesthesia provider will contact you by phone the evening before surgery. They will provide instructions on when to stop eating and drinking, your arrival time, surgery time, and a review of the preoperative medications.



4. Attire:

- Please wear a comfortable button-down top and loose-fitting pants.
- Bring an additional set of bottoms and undergarments.
- Surgical garments will be provided.

5. Accommodations for Surgery Day:

- If you live more than 45 minutes away from our office, please plan to stay near our surgical center.
- A caregiver will need to assist you for at least the first 24 hours after surgery. We will ask for their name and phone number prior to your surgery date. The caregiver you choose must meet the following requirements in order for us to proceed with surgery :
 - Caregiver must be 18 years or older, available to answer our calls, and be fully able to function as your caregiver without physical or mental limitations.
 - Caregiver must be present within a 10 mile radius on surgery day.
 - Caregiver must be able to either drive you or accompany you home in an automobile after surgery unless you are staying at the Four Seasons Hotel in Brickell.
 - If you do not have a caregiver that meets the above requirements, your surgery will be rescheduled.

6. Testing:

- A nicotine and pregnancy test will be conducted the morning of surgery. If a POSITIVE RESULT is found your surgery will be CANCELED/RESCHEDULED.
- Nicotine affects the ability for tissue to heal. The risk of wound infections, poor scarring and complications (such as nipple necrosis) double with circulating nicotine. Dr Durand will not perform certain procedures with a positive test. Please review our Nicotine Policy prior to surgery.



DAY OF SURGERY

- Make sure you have all your prescriptions medications prior to surgery.
- You may shower and shampoo the morning of surgery.
- Do not wear makeup or use hair sprays/gels.
- No acrylic nails or dark nail polish. Clear to pink gel is ok.
- No eyelash extensions or mascara (flammable).
- Do not wear contact lenses. Glasses are ok to wear- bring a case to store your glasses safely.
- Avoid clothing that must be pulled over the head. Wear loose fitting clothing (button down or zip up).
- If you wear dentures, please leave them in place.
- Do not wear jewelry (including body jewelry) or bring valuables to surgery.
- If you have your menses, please wear a feminine napkin not a tampon.

7. Post-Surgery Medications:

- Medications required before and after surgery will be sent to your preferred pharmacy in advance. Please verify the quantity and type of medication prescribed.



GENERAL MEDICATION AND SUPPLEMENT INSTRUCTIONS

OZEMPIC, SEMAGLUTIDE, WEGOVY, TRULICITY, LIRAGLUTIDE OR ANY GLP-1AGONIST

- These medications need to be stopped **4 weeks** prior to surgery. There is a serious risk of aspiration and delayed gastrointestinal motility for patients who are scheduled to undergo a procedure with general anesthesia. You can resume your medication 4 weeks after surgery.

DIABETES MEDICATION

- If you are taking diabetes medications, we will provide you with instructions based on your specific medication/dosage. Since you will not be eating anything the day of surgery, we may ask you to hold the medication. Our nurse and anesthesia provider will go over details of this the day before surgery.

BLOOD PRESSURE MEDICATION

- You may continue to take your medication as prescribed. The nurse will call you the night prior to surgery to notify you if you should continue your specific blood pressure medication on surgery day.

STOP TAKING THE FOLLOWING MEDICATIONS/SUPPLEMENTS 2 WEEKS PRIOR TO SURGERY. THEY CAN BE RESUMED 1 WEEK AFTER SURGERY

SUPPLEMENTS

- Many herbal supplements and vitamins found over the counter increase bleeding risk. For this reason, provide the names of all prescription and over the counter products you take. A list of commonly used supplements to stop are:
 - Ashwagandha
 - Echinacea
 - Ephedra
 - Dandelion root
 - Feverfew
 - Fish oil
 - Garlic
 - Gingko biloba
 - Ginger
 - Ginseng
 - Green tea
 - Kava Kava
 - Meadowsweet
 - Omega 3, 6 Fatty Acids
 - St. John's Wort
 - Turmeric
 - Valerian
 - Vitamin A, E, or K
 - White Willow



BLOOD THINNERS: (unless approved by Primary care physician and Surgeon).

- Coumadin
- Warfarin sodium
- Ximlagatran
- Clopidogrel
- Plavix

COMMON MEDICATIONS TO AVOID:

- Aspirin (Anacin, Bayer, Bufferin, Ecotrin, Excedrin)
- Celecoxib (Celebrex)
- Diclofenac potassium
- Diclofenac with Misoprostrol
- Indomethacin
- Naproxen
- Ibuprofen (Advil, Motrin, Motrin, Nuprin)

BIRTH CONTROL PILLS AND HORMONE REPLACEMENT THERAPY:

- These can increase your risk of developing a blood clot during and after surgery. Please discontinue taking them 2 weeks prior to surgery.
 - Birth Control Pills
 - Estrogen pills
 - Estrogen replacement therapy
 - Estrogen creams and/or patches.