

Frequently Asked Questions

Preparing for Surgery*

Starting Now

Stop Smoking: Smoking reduces circulation to the skin and impedes healing.

Take Multivitamins: Start taking multivitamins twice daily to improve your general health once you have scheduled your surgery.

Take Vitamin C: Start taking 500 mg of Vitamin C twice daily to promote healing.

Do Not Take Aspirin or Ibuprofen: Stop taking medications containing aspirin and ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medication-containing acetaminophen (such as Tylenol).

Limit Vitamin E: Limit your intake of Vitamin E to less than 400 mg per day.

Fill Your Prescription: You will be given prescriptions for medications. Please have them filled BEFORE the day of surgery and bring them with you.

The Day before Surgery

Confirm Surgery Time: We will call you to confirm the time of your surgery. If you are not going to be at home or at your office, please call us to confirm at (502) 459-3760.

Prescriptions: Make sure that you have filled the prescriptions you were given and set the medications out to bring with you the day of surgery.

Cleansing: The night before surgery, shower and wash the surgical areas with Dial soap.

Eating and Drinking: Do not eat or drink anything after 12:00 midnight. This includes water.

The Morning of Surgery

Special Information: Do not eat or drink anything! If you take a daily medication, you may take it with a sip of water in the early morning.

Oral Hygiene: You may brush your teeth but do not swallow the water.

Cleansing: Shower and wash the surgical areas again with Dial soap.

Make-Up: Please do not wear moisturizers, creams, lotions, or makeup.

Clothing: Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.