MORPHO
摩芙整形

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GENERAL PRE-OP INSTRUCTIONS
一般性术前注意事项

Thank you from all of us at **Morpho Plastic Surgery** for choosing to entrust us with your surgery. While surgery is safe and effective in delivering the results you seek, there is always a risk, no matter how small or insignificant the procedure. Rest assured that everything possible will be done to maximize your safety during your journey of transformation. As part of our ongoing efforts to guarantee your safety, we ask that you do your part to help us.

摩芙整形的全体员工诚挚感谢你，选择由我们为你进行手术。尽管手术是安全的、有效的，并能够实现你想要的效果，但风险总是存在的，不论这个操作多小或多不重要。请放心，在你的变美旅途中，我们会尽一切努力，最大限度地保证你的安全。为了保障你的安全，我们的努力离不开你的支持，我们请求你做好自己的部分，为我们助力。

Pre-surgery instructions are provided to help reduce risks associated with both surgery and anesthesia, and to promote healing during the recovery period. The surgical facility or hospital will contact you before your procedure to review pre-operative instructions with you again. Surgery may be delayed or cancelled as needed, if pre-surgical guidelines are not followed. Please contact Dr. Perry Liu and/or his staff with any questions. Should an emergent problem or issue arise after surgery that needs immediate attention, you can reach Dr. Liu and/or his associates by calling the office number at (310) 933-9944. Either the office or the Exchange (after office hours) will connect you to your doctor.

术前注意事项旨在降低手术和麻醉的相关风险，加速你的恢复和愈合。手术机构或医院将在手术前联系你，并和你一起再次核对术前注意事项。如果你没有遵从术前注意事项，手术可能会根据需要被推迟或取消。如有任何疑问，请联系刘医师和/或他的工作人员。如果术后出现需要立即处理的紧急问题或事件，你可以拨打诊所电话(310) 933-9944，联系刘医师 和/或其同伙医师。诊所或话务台(下班时间)将为你转接医师。

3 to 6 Weeks Prior to Surgery
术前 3 到 6 周

Stop smoking at least 4 weeks before your surgery. Smoking greatly increases the risks associated with surgery including anesthesia complications, surgery, wound healing problems, & a slower recovery. The nicotine in tobacco and nicotine patches may cause vasoconstriction of the tiny blood vessels in your skin/surgical site. It may compromise blood flow and affect wound healing. If you are unable to stop smoking, please do not stop the week of surgery. Your lungs will be more prone to swelling during surgery and it will be harder for you to come off the anesthesia machine. If this is an issue, please discuss it with your surgeon and anesthesiologist.

术前至少 4 周开始，停止吸烟。吸烟会大大增加手术相关风险，包括麻醉并发症、手术、伤口愈合问题和恢复缓慢。烟草和尼古丁贴剂中的尼古丁可能使皮肤/手术位置的微小血管收缩，从而减少血流、影响伤口愈合。如果你无法戒烟，手术当周请不要停止吸烟。手术时，你的肺部更容易出现水肿，你也更难从麻醉状态中复苏并脱机。如果这对你来说是个难题，请与外科医师和麻醉师讨论。

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Schedule and complete pre-operative testing ordered by Dr. Liu and/or your Primary Care Physician (PCP). Pre-operative testing may include routine blood and urine tests, a chest x-ray, electrocardiogram (ECG), and physical examination by your PCP. If you have a history of heart-related issues or medical problems, a stress test or cardiologist evaluation may also be required. Pre-operative testing should be completed no sooner than 6 weeks and no later than 1 week prior to the date of surgery to ensure results are current.

请按时完成刘医师和/或主治医师（PCP）为你开具的术前检查。术前检查可能包括血常规和尿常规检查、胸部 X-线成像、心电图（ECG），以及由 PCP 完成的体格检查。如果你具有心脏相关事件或疾病的病史，你可能需要进行运动试验或心脏科评估。为了确保结果的准确习惯，术前检查的完成时间不应早于术前 6 周，也不应晚于术前 1 周。

A comprehensive pre-operative medical evaluation is important to ensure you are physically ready to have your surgery and healthy enough to be put under anesthesia. Occasionally, previously unknown underlying health conditions may be discovered that will need to be addressed prior to your surgery. When detected early, these conditions can be modified/controlled so that they will pose no additional risk to you related to surgery or anesthesia. Please have your PCP send a copy of test results, your physical exam, and his/her written notes to our office.

为了确保你的身体状态可以进行手术，而你的身体足够健康并可以进行麻醉，全面的术前医学评估显得十分重要。有时，术前医学评估可能会发现以前不知道的一些基础病，而这些疾病可能需要在手术前进行处理。越早发现，这些疾病越能得到调节/控制；这样，它们就不会增加手术或麻醉的相关风险。请你要求你的 PCP 将检测结果、体格检查和他/她的手写病例的复印件发送到我们的诊所。

Our fax number is **(310) 382-2422**.
传真：**(310) 382-2422**。

2 Weeks Prior to Surgery
术前 2 周

Please stop taking all blood-thinning medications. These have been associated with both intra- and post- operative bleeding complications. Daily multivitamins are okay to take. Stop taking any diet medication. Please refer to the section on Medication and Nutritional Supplements to Avoid.

请停止服用所有稀释血液的药物。这些药物与术中及术后出血并发症有关。可以继续每天服用多种维生素。停止任何食疗或药膳。请参考“避免服用的药物和营养补充剂”中相关章节。

Stop taking aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication, as these medications increase bleeding. Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your PCP or cardiologist. Dr. Liu will advise when you may resume taking these medications, which may be as soon as a few days after your surgery.

停止服用阿司匹林、布洛芬、美林或类似抗炎药物，因为这些药物会增加出血风险。必须遵守 PCP 或心脏科医师的指导，停止服用其他稀释血液的药物，如 Coumadin（华法林）或 Plavix（氯吡格雷）。刘医师将告诉你重新服用这些药物的时间，通常在术后几天之内。

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Tylenol (acetaminophen) may be taken for pain or headaches before surgery. Do not take Tylenol after surgery, as your post- operative narcotic analgesics will contain Tylenol.

术前为了止痛或缓解头痛，你可能需要服用泰诺（对乙酰氨基酚）。术后严禁服用泰诺，因为术后使用的麻醉镇痛药已包含泰诺。

Stop any herbal medications, supplements, and teas, as these substances may also increase bleeding. Specific herbal supplements that pose an increased risk of bleeding include, but are not limited to, Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort. Please see the attached sheet for a complete list.

停止服用草药、补充剂及饮茶，因为这些物质也可能增加出血风险。可能增加出血风险的特殊草药和补充剂包括但不限于：维生素 E；大蒜；姜；银杏；人参；卡瓦酒和圣约翰草。请阅读附件中的完整列表。

IMPORTANT!!! IF YOU ARE ON GLP-1 WEIGHT LOSS MEDICATIONS, STOP 2 WEEKS PRIOR TO SURGERY.
量覃插礼 ### 妄枞恶步圪胍用 GLP-1 凑胚麾．谖圪才朱翔並呪僕此胍用々

2-3 Days Before Surgery
术前 2 到 3 天

For certain procedures which are often associated with post-operative bruising, you may enhance your post-operative recovery and minimize potential bruising by taking Arnica, a natural herbal supplement that helps speed the process of bruise healing. We recommend starting Arnica 2-3 days before your surgery for optimal results.

如果你需要进行的操作经常导致术后瘀斑，你可以服用 Arnica，一种有助于加快瘀斑愈合的天然草药补充剂；它可以促进术后恢复，并将术后发生瘀斑的可能性降至最低。为了获得最佳效果，我们建议你在术前 2 到 3 天开始服用 Arnica。

Clinical studies performed at Memorial Sloan Kettering Cancer Center suggest that Arnica also helps decrease post-operative pain and swelling.

纪念斯隆凯特琳癌症中心开展的临床研究显示，Arnica 还有助于降低术后疼痛和水肿的风险。

The Day Before Surgery
术前 1 日

Please carefully read the following:
请仔细阅读以下内容：

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- NO alcohol consumption
  严禁饮酒
- Have a light dinner
  晚餐应清淡饮食
- DO NOT eat or drink anything 8 (eight) hours before your surgery if you are having IV sedation or general anesthesia. This restriction includes water, milk products, chewing gum, mints/candy, coffee, and juice. Your stomach should be empty for several hours before anesthesia. However, it is ok to take your regular medications with a very small sip of water during the 8 (eight) hours prior to surgery.

  如果你的手术需要静脉镇静或全麻，术前 8 小时内应禁食禁水。禁食禁水的范围包括水、奶制品、口香糖、薄荷/糖、咖啡和果汁。麻醉前几小时内，应保持空胃状态。但是，手术前 8 小时内，你可以喝一小口水，来服用你每天都要吃的药物。

DAY OF SURGERY
手术日

- Arrive as directed by your surgical coordinator. Generally, you should arrive at least 60 minutes prior to your scheduled surgery time. Certain surgery centers require patients to arrive 2 hours prior to surgery start time for paperwork and admissions processes. You will have surgery center paperwork to complete, you need to change, and the nursing staff and Anesthesiologist will meet with you and answer any questions you may have. If you are running late, please call our office at (310) 855-3960, and we will inform the surgery center.

  按照手术协调员的指示到达。通常，你应在预约手术时间前至少 60 分钟到达。部分手术中心要求患者提前 2 小时到达，以便完成文书工作和入院流程。你需要填写手术中心的文件；你需要更换衣物，并与护士和麻醉师会面，由他们解答你可能提出的问题。如果你可能迟到，请拨打诊所电话(310) 855-3960，我们将通知手术中心。

- Upon arrival, you will be greeted by a member of the surgery center staff and instructed to complete and sign surgery center admission forms. If you have not already done so, please bring a copy of your insurance card along with any financial payment due. Leave all other valuables at home.

  你到达后，手术中心的一名工作人员将负责接待你，并指导你填写和签署手术中心的入院表格。如果这是你第一次就诊，请携带保险卡的复印件，以及任何财务付款证明。请将贵重物品留在家中。

- Please bring a list of the name(s) and phone number(s) of your PCP, other physicians you visit, & friends/family

  请携带一张清单，列出你的 PCP、曾经就诊的其他医师、朋友/家人的姓名和电话号码。

- Bring your photo ID, current insurance card (for insurance cases), your copayment (if necessary), and advance directive if you have one.

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请携带身份证照片、现在的保险卡（用于参保病例）、共同支付（必要时）及预先医疗指示（如有）。

- Medications. Bring a list of ALL medications you are currently taking. Please have your prescriptions filled and bring all medications with you to your surgery.

  药物。请携带一张清单，列明你正在服用的所有药物。请按处方取出足够的药物，并携带所有药物来做手术。

- Telephone number where you will be staying post surgery. The receptionist and RN should be given the telephone number where you can be reached after surgery.

  术后居住地的电话号码。你应将术后居住地的电话号码告知接待员和注册护士（RN）。

- Wear loose, comfortable clothing that is easy to remove and put on, preferably garments that open in the front and do not require slipping on or off over your head. Do not wear pantyhose or tight fitting pants.

  穿着宽松舒适、易于穿脱的衣服，最好是前面开口的衣服，无需从头上套上或脱下。不要穿连裤袜或紧身裤。

- Do not bring jewelry, large amounts of cash, or other valuables. Do not wear hairspray, perfume, makeup, or nail polish. Do not wear false eyelashes, artificial nails, or wigs. Do not wear dentures. Do not wear contact lenses. Bring your eyeglasses case, and hearing aid case, if applicable.

  穿着宽松、舒适的衣物，以便轻松穿脱。最好选择开口在前、无需套头的衣服。请勿穿着连裤袜或紧身裤。请勿携带珠宝、大量现金或其他贵重物品。请勿使用发胶、香水、化妆品或指甲油。请勿使用假睫毛、假指甲或假发。请勿使用假牙。请勿佩戴隐形眼镜。请携带眼镜和助听器（如有）。

- Be sure to arrange a ride home after your procedure, as you will not be able to take a taxi/Uber/Lyft, use public transportation, or drive yourself home after having anesthesia.

  请安排好出院后送你回家的人和方式，因为你在麻醉后将无法自行乘坐的士/Uber/Lyft、公共交通工具或驾车回家。

- Post-Surgical Instructions. The person caring for you will be instructed on your post-surgical care when they arrive to pick you up once the surgeon/anesthesiologist has discharged you.

  术后注意事项。一旦外科医师/麻醉师准许你出院，负责照顾你的人在到达医院接你回家时，将被告知术后护理的注意事项。

PREPARING FOR SURGERY: PRE-ARRIVAL CHECKLIST:
手术准备：到达前检查单：

- Make arrangements for transportation. You will not be allowed to drive yourself home nor leave the Surgery Center unattended. THIS IS FOR YOUR PERSONAL SAFETY. Also, you

must arrange for a responsible adult to be with you at home after your procedure for the first twenty-four hours post-op.

安排好交通工具。你不能自行驾车回家，或在无人看管的情况下离开手术中心。这是为你的个人安全考虑。同时，你必须安排一位负责任的成年人，在术后 24 小时内陪伴你在家。

- Leave all of your valuables at home. This includes money, jewelry, and handbags.

  将所有贵重物品留在家中。这些贵重物品包括钱、珠宝和手包。
- Know your financial responsibility before arriving the day of the procedure. All payments should be completed by your surgical coordinator at the time of your pre-op. Payments will not collected by the surgical center on the day of surgery.

  在手术日前厘清你的财务责任。你在准备手术时，手术协调员应该已经完成所有支付工作。手术中心在手术日当天并不收取费用。

- Do not have anything to eat or drink during the 8 (eight) hours before your procedure UNLESS instructed by your surgeon or anesthesiologist. This includes WATER, alcohol, caffeinated beverages such as coffee and tea. NOTE: failure to follow this instruction will result in the cancellation of your procedure.

  除外科医师或麻醉科要求外，操作前 8 小时内禁食禁水。禁食禁水的范围包括水、酒精、含咖啡因的饮料（如咖啡和茶）。注：没有遵从这一指示的患者将面临手术取消的后果。

- Bathe or shower. Arrive to surgery with clean skin. Please do not apply any makeup, oils, lotions or powders to your skin.

  沐浴或洗澡。到达医院时，保持皮肤清洁。请勿在皮肤上使用任何化妆品、油、乳液或粉。

- Remove contact lenses. Please bring reading glasses if necessary to review consent forms.

  摘下隐形眼镜。为阅读知情同意书，你可携带老花镜（必要时）。

- Do not wear any skin products, moisturizers, makeup, lipstick, eyeliner, hair spray, nail polish or fragrances.

  请勿使用任何皮肤产品、保湿产品、化妆品、唇膏、眼线、发胶、指甲油或香水。

- Patients with long hair should wear it back. A headband is recommended.

  长发患者应将头发向后梳。推荐使用发带。

- Remove ALL jewelry and leave it at home.

  摘下所有珠宝，并将其留在家中。

- Do not wear false eyelashes, artificial nails, or wigs.

  请勿使用假睫毛、假指甲或假发。

- Wear comfortable shoes that are easy to remove and put on, and have a good sole.

  穿舒适的鞋子，鞋底舒适且能轻松穿脱。

- Wear loose-fitting, comfortable clothing. Clothes that close down the front rather than pull over your head are best. No pantyhose or tight fitting pants.

穿宽松而舒适的衣物。最好选用开口在前、无需套头的衣物。不要穿连裤袜或紧身裤。

- Dentures. You may wear your dentures but be prepared to have them removed for your procedure.

  假牙。你可以佩戴假牙，但必须在操作开始前摘下。

- Have all prescriptions filled in advance and bring them with you on the morning of surgery.

  提前根据处方取出足够的药物，并与手术日早晨携带所有药物报道。

- Avoid SMOKING for 4 weeks prior to surgery. Smoking may compromise your healing and your final result. If this is an issue, please discuss it with your surgeon

  术前 4 周内严禁吸烟。吸烟可能影响愈合和最终的结果。如果这对你来说是个难题，请与外科医师讨论。

- Relax and do not drink alcohol or caffeine for three days prior to your operation. Try to limit your salt intake as well as this may increase post-operative swelling.

  术前 3 天保持轻松，严禁饮酒或咖啡因。以后食盐摄入可能增加术后水肿的可能性，请尝试限制食盐摄入。

ABOUT YOUR ANESTHESIA
关于你的麻醉

You are excited! You've finally scheduled that surgery you wanted. Dr. Liu and his staff have answered all of your questions about your procedure and you're all set to show up at the surgery center. You are also a little bit anxious and you notice that as your surgery date comes closer, your anxiety increases especially about your anesthesia. Your feelings are entirely normal and very common. To ease your anxiety, here is two of the most commonly asked questions concerning your anesthesia.

你很兴奋！你终于可以进行你想做的手术！Liu 医师和他的工作人员已经解答了你关于手术的全部问题，而你已准备好准时到达手术中心。你也有一点焦虑。你注意到随着手术日期的临近，你越来越焦虑。你尤其担心麻醉过程。这种感觉完全是正常的，也是非常常见的。为了缓解你的焦虑，这里提供了两个最常被问到的关于麻醉的问题。

When will I meet my Anesthesiologist?
我何时能与麻醉师见面?

Unfortunately, with advent of outpatient surgery, you will probably not meet your anesthesiologist until just prior to your surgery. Depending on the surgery center, your anesthesiologist will likely call you the evening before your procedure. He/she will introduce himself/herself, discuss details of tomorrow's anesthesia with you, and answer any questions you may have. The next day, you will be questioned about your medical and surgical history, medication allergies, medications you are taking as well as any prior problems with anesthesia you or close blood relatives have had. All medications including prescriptions, over-the-counter medicines, herbs, vitamins, and weight-loss pills should be mentioned to your anesthesiologist. Your pre-operative medical clearance and diagnostic studies will also be reviewed, and if additional tests are deemed necessary, they will be ordered at this time. For

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female pre-menopausal patients, please let us know if there is any possibility of you being pregnant. Females may expect a pregnancy test to be taken the day of surgery. This is done for your protection as well as ours.

不幸的是，随着门诊手术的发展，你可能直到手术前才能见到你的麻醉师。不同的手术中心有各自的流程，通常麻醉师会在术前一天晚上给你来电。他/她首先会介绍自己，然后与你讨论第二天麻醉的细节，并回答你可能提出的问题。手术当天，麻醉师将询问你的病史和手术史、药物过敏、你正在服用的药物，以及你或者你的近亲曾经出现过的任何麻醉问题。你应将你正在服用的所有药物告知麻醉师，包括处方药、非处方药、草药、维生素和减肥药。同时，麻醉师还将回顾你的术前体检证明和诊断研究。如果他/她认为你需要进行任何附加检查，他/她会立即为你预约。对于尚未绝经的女性患者，如果你有可能怀孕，请告知我们。女性患者可能在手术日进行妊娠试验。这既可以保护你，也可以保护我们。

What kind and how much anesthesia will I have?
我将接受哪一种麻醉？我需要多少麻醉药？

Anesthesia is a dynamic process with continuous adjustment of your anesthesia level throughout your procedure. The anesthesiologist usually uses a mixture of intravenous and inhalation anesthesia for maximum advantage. The medications that initially put you to sleep would only keep you anesthetized for a few minutes without additional anesthesia. Regardless of the type of anesthetic you receive, you will be monitored with an automatic blood pressure cuff, EKG and a device that measures oxygen saturation in your body by shining a light through your finger (pulse oximeter). When you have general anesthetic, a special monitor to watch the gases going in and out of your lungs is used. Other special monitors may be required depending on your procedure and medical condition. Improvements and advancements in anesthesia monitoring technology over time have dramatically improved anesthesia safety.

麻醉是一个动态的过程，我们需要在手术过程中不断调整麻醉水平。麻醉师通常使用静脉和吸入的混合麻醉，以获得最大效果。最先让你入睡的药物在没有其他药物帮助下，只能让你麻醉数分钟。无论你采用何种麻醉方式，你都会接受各项监测，包括一个自动血压袖带；心电图监测（EKG）；以及用光照射手指来测量体内氧饱和度的设备（脉搏氧饱和度仪）。全身麻醉还将使用一种特殊的监护仪，来观测进出肺部的气体。医师还可能根据你的手术及医学状态，选用其他特殊的监护仪。麻醉监护技术随着时间不断的改进和进步，极大地提高了麻醉的安全性。