

GENERAL PRE-OP INSTRUCTIONS

Thank you from all of us at Avant Aesthetics 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.

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. 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. Perry Liu and/or associates by calling the office number at **(310) 855-3960**. Either the office or the Exchange (after office hours) will connect you to your doctor.

3 to 6 Weeks Prior to Surgery

Stop smoking at least 4 weeks before your surgery. Smoking greatly increases the risks associated with surgery including anesthesia complications, surgery, wound healing problems, and 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.

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.

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.

Our fax number is (310) 382-2422.

2 Weeks Prior to Surgery

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.

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.

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.

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.

IMPORTANT!!! IF YOU ARE ON GLP-1 WEIGHT LOSS MEDICATIONS, STOP 2 WEEKS PRIOR TO SURGERY.

2-3 Days Before Surgery

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.

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

The Day Before Surgery

Please carefully read the following:

- **NO** alcohol consumption
- Have a light dinner
- **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.
- If you are taking/receiving GLP-1 Weight Loss Medications for weight loss, please stop use of this medication for at least 2 weeks prior to your surgery. This medication delays gastric emptying and will increase your anesthesia risk.

DAY OF SURGERY

- **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.
- **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.
- **Please bring a list of the name(s) and phone number(s)** of your PCP, other physicians you visit, & friends/family
- **Bring your photo ID, current insurance card** (for insurance cases), your copayment (if necessary), and advance directive if you have one.
- **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.

- **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.
- **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.
- **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.
- 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.
- **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.

PREPARING FOR SURGERY: PRE-ARRIVAL CHECKLIST:

- **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.
- **Leave all of your valuables at home.** This includes money, jewelry, and handbags.
- **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 be collected by the surgical center on the day of surgery.
- **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.
- **Bathe or shower.** Arrive to surgery with clean skin. Please do not apply any makeup, oils, lotions or powders to your skin.
- **Remove contact lenses.** Please bring reading glasses if necessary to review consent forms.
- **Do not wear any skin products, moisturizers, makeup, lipstick, eyeliner, hair spray, nail polish or fragrances.**
- Patients with long hair should wear it back. A headband is recommended.
- Remove ALL jewelry and leave it at home.
- Do not wear false eyelashes, artificial nails, or wigs.
- **Wear comfortable shoes** that are easy to remove and put on, and have a good sole.
- **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.
- **Dentures.** You may wear your dentures but be prepared to have them removed for your procedure.
- **Have all prescriptions filled in advance** and bring them with you on the morning of surgery.
- **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.
- **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.

ABOUT YOUR ANESTHESIA

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.

When will I meet my Anesthesiologist?

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 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.

What kind and how much anesthesia will I have?

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.