

PREPARING FOR SURGERY

STARTING NOW

- **STOP SMOKING:** Smoking and/or vaping of any kind, including cigarettes, marijuana, hookah, as well as nicotine gum, nicotine patch and gummies, reduces circulation to the skin, impedes healing, and may increase your scarring.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- **VITAMIN E:** Stop taking Vitamin E, as it can also cause excessive bleeding.
- **FILL YOUR PRESCRIPTIONS:** Your prescriptions will be sent electronically to your requested pharmacy after your pre-op appointment. Please pick them up prior to your surgery and bring them with you on your surgery day.

ONE WEEK BEFORE SURGERY

- **CLEANSING** Shower and wash the surgical areas with an antibacterial soap such as Dial (avoiding use on your eyes).
- **PREPARING THE SURGICAL** Carefully shave all excess hair from the surgical site and surrounding areas. Be careful not to nick or cut your skin.

FOR EXAMPLE:

Breast augmentation patients need to shave the underarm area.

Abdominoplasty and liposuction patients need to shave the pubic region.

Men undergoing gynecomastia need to shave the chest area.

Men undergoing facial surgery need to shave the cheeks and chin. (Women undergoing facial surgery do not need to shave).

- **TANNING** One week before surgery avoid all tanning, including spray tan, tanning beds, etc.
- **WORKING OUT** Specifically for breast procedures, avoid chest muscle workouts one week prior to surgery.
Specifically for abdominal procedures, avoid abdominal workouts one week prior to surgery.

TWO DAYS BEFORE SURGERY

- Remove all nail products, including acrylic nails, gel, and nail polish (from right and left point fingers and thumbs). Nails must be short and natural.

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 at 916-780-5477 to confirm and to let us know where you can be reached.
- **PRESCRIPTIONS:** Your prescriptions were sent electronically to your requested pharmacy. Make sure you have picked those up, and set them out to bring with you tomorrow. Bring ALL medications that we prescribed in their original containers.

_NoFirst _NoLast
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Scheduled on 1/26/2022

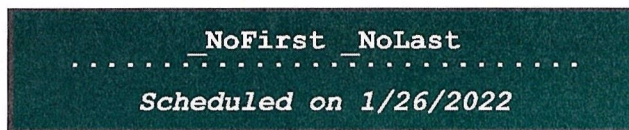
THE MORNING OF
SURGERY

- EATING AND DRINKING: Do not eat or drink anything 8 hours prior to your scheduled surgery time. This includes water.
- 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 (avoiding use on your eyes).
Patients undergoing abdominal procedures, carefully clean the inside of your belly button using the same Dial soap and a Q-tip.
- MAKE-UP: Please do not wear moisturizers, creams, lotions, or makeup.
- HAIR: If you have longer length hair be sure to put it in a low ponytail or braids.
- CLOTHING: Wear only comfortable, loose-fitting clothing that does not go over your head, i.e. button up or zip up. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you. All body piercings must be removed. If you wear contact lenses, do not wear them to surgery, wear your glasses instead, and bring your glasses case with you.
- CHECK IN/PREPARATION: Your surgery is scheduled to begin at .

Your surgery is scheduled to take place at the Lee Institute Of Plastic Surgery.

For surgeries taking place at the Lee Institute of Plastic Surgery, you will be advised to arrive 30-90 minutes before the start time above.

Your arrival time is subject to change with any changes in the daily schedule. Please bring your prescription medications with you.



Medications to Avoid Before and After Surgery

If you are taking any medications on this list, they should be discontinued one month prior to surgery, as well as 3 weeks after surgery. Prior to surgery, Tylenol should be taken for pain. All other medications that you are currently taking must be specifically cleared by Dr. Lee prior to surgery.

It is impossible to list all medications as they are constantly changing. If you are prescribed medication at any point you must contact our office to clear it with Dr. Lee. You must also avoid ALL vitamins, supplements, herbal products, energy pills and drinks, diet pills and drinks, weight loss products, protein shakes and bars, and all other items listed below.

Most Commonly Used Medications/Foods Medications to Avoid

5-hour Energy	Advil	Airborne/Emergen-C
Anything with Vitamin E (includes cereal)	Bayer	Biotin
Bufferin	Coconut Water	Excedrin
Fish Oil	Flaxseed	Ginger
Go Girl	Meal Replacement Shakes	Motrin
Multi-Vitamin	Mushrooms	Nyquil/Dayquil
Olive Oil/Olives	Omegas (3 or 7)	Protein Bars/Shakes
Red Bull	Red Wine (All)	Tea/Green Tea
Tumeric	Work Out Supplements/powders (Pre and Post)	

Herbal Medications to Avoid

Diet Pills	Energy Drinks	Energy Pills
Ginkgo Biloba	Ginseng	Melatonin
St. John's Wort		

Avoid 3 Days Prior to Surgery Medications to Avoid

Alcohol	Caffeine	Garlic
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Aspirin Medications to Avoid

4-Way Cold Tabs	5-Aminosalicylic Acid	Acetilsalicylic Acid
Adrin-B products	Alka-Seltzer products	Amigesic
Anacin products	Anexsia w/Codine	Argesic-SA
Arthra-G	Arthriten products	Arthritis Foundation products
Arthritis Pain Formula	Arthritis Strength BC Powder	Arthropan
ASA	Asacol	Ascriptin products
Aspergum	Asprimox products	Axotal
Azdone	Azulfidine products	B-A-C
Backache Maximum Strength Relief	Bayer Products	BC Powder
Bismatrol products	Buffered Aspirin	Bufferin products
Buffetts 11	Buffex	Butal/ASA/Caff
Butalbital Compound	Cama Arthritis Pain Reliever	Carisoprodol Compound

Richard K. Lee, M.D.

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(916) 780-5477

Medications to Avoid Before and After Surgery

Cheracol	Choline Magnesium Trisalicylate	Choline Salicylate
Cope	Coricidin	Cortisone Medications
Damason-P	Darvon Compound-65	Darvon/ASA
Dipentum	Disalcid	Doan's products
Dolobid	Dristan	Duragesic
Easprin	Ecotrin products	Empirin products
Equagesic	Excedrin products	Fiorgen PF
Fiorinal products	Gelpirin	Genprin
Gensan	Goody's Extra Strength Headache Powders	Halfprin products
Isollyl Improved	Kaodene	Lanorinal
Lortab ASA	Magan	Magnaprin products
Magnesium Salicylate	Magsal	Marnal
Marthritic	Meprobamate	Mesalamine
Methocarbamol	Micrainin	Mobidin
Mobigesic	Momentum	Mono-Gesic
Night-Time Effervescent Cold	Norgesic products	Norwich products
Olsalazine	Orphengesic products	Oxycodone
Pabalate products	P-A-C	Pain Reliever Tabs
Panasal	Pentasa	Pepto-Bismol
Percodan products	Phenaphen/Codeine #3	Pink Bismuth
Propoxyphene Compound products	Robaxisal	Rowasa
Roxeprin	Saleto products	Salflex
Salicylate products	Salsalate	Salsitab
Scot-Tussin Original 5-Action	Sine-off	Sinutab
Sodium Salicylate	Sodol Compound	Soma Compound
St. Joseph Aspirin	Sulfasalazine	Supac
Suprax	Synalgos-DC	Talwin
Triaminicin	Tricosal	Trilisate
Tussanil DH	Tussirex products	Ursinus-Inlay
Vanquish	Wesprin	Willow Bark products
Zorprin		

Ibuprofen Medications to Avoid

Actron	Acular (ophthalmic)	Advil products
Aleve	Anaprox products	Ansaid
Cataflam	Clinoril	Daypro
Diclofenac	Dimetapp Sinus	Dristan Sinus
Etodolac	Feldene	Fenoprofen
Flurbiprofen	Genprin	Haltran
IBU	Ibuprin	Ibuprofen
Ibuprohm	Indochron E-R	Indocin products

Medications to Avoid Before and After Surgery

Indomethacin products	Ketoprofen	Ketorolac
Lodine	Meclofenamate	Meclofen
Mefenamic Acid	Menadol	Midol products
Motrin products	Nabumetone	Nalfon products
Naprelan	Naprosyn products	Naprox X
Naproxen	Nuprin	Ocufen (ophthalmic)
Orudis products	Oruvail	Oxaprozin
Piroxicam	Ponstel	Profenal
Relafen	Rhinocaps	Sine-Aid products
Sulindac	Suprofen	Tolectin products
Tolmetin	Toradol	Voltaren

Tricyclic Antidepressants Medications to Avoid

Adapin	Amitriptyline	Amoxapine
Anafranil	Asendin	Aventyl
Clomipramine	Desipramine	Doxepin
Elavil	Endep	Etrafon products
Imipramine	Janimine	Limbitrol products
Ludiomil	Maprotiline	Norpramin
Nortriptyline	Pamelor	Pertofrane
Protriptyline	Sinequan	Surmontil
Tofranil	Triavil	Trimipramine
Vivactil		

Other Medications to Avoid

4-Way w/ Codeine	A.C.A.	A-A Compound
Accutrim	Actifed	Anexsia
Anisindione	Anturane	Arthritis Bufferin
BC Tablets	Childrens Advil	Clinoril C
Contac	Coumadin	Dalteparin injection
Dicumerol	Dipyridamole	Doxycycline
Emagrin	Enoxaparin injection	Flagyl
Fragmin injection	Furadantin	Heparin
Hydrocortisone	Isollyl	Lovenox injection
Macrochantin	Mellaril	Miradon
Opasal	Pan-PAC	Pentoxifylline
Persantine	Phenylpropanolamine	Prednisone
Protamine	Pyrroxate	Ru-Tuss
Salatin	Sinex	Sofarin
Soltice	Sparine	Stelazine
Sulfapyrazone	Tenuate	Tenuate Dospan

NoFirst NoLast
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Medications to Avoid Before and After Surgery

Thorazine
Trental
Vitamin E

Ticlid
Ursinus
Warfarin

Ticlopidine
Vibramycin