

Preoperative Surgery Instructions

- ◆ **Medications & supplements:** Always provide a full list of medications to the clinic, as many medications need to be discontinued or the dose altered before surgery. Some common examples are described below:
 - **Herbal medications & supplements** – these should be stopped one week prior to surgery, as some of these substances increase the risk of bleeding or interact with prescription medications.
 - **Birth control / oral contraceptives** – those which contain estrogen can increase clotting risk during surgery. Ideally, they should be stopped a month before surgery (taking other measures to avoid pregnancy), then restarted a week later after you are ambulating well.
 - **Weight loss pills** – these medications should be stopped 2 weeks prior to surgery, as they can cause drug interactions or anesthetic complications. For example, Contrave (bupropion/naltrexone) decreases the effectiveness of narcotic pain medications. Other medications like Ozempic, Wegovy, Saxenda or Mounjaro delay normal emptying of your stomach, increasing the risk of aspirating your stomach contents while under anesthetic.
 - **Blood-thinners / anticoagulants** – medications that increase the risk of bleeding (like Aspirin, Advil, Plavix, Warfarin, Eliquis, dabigatran, etc.) should be stopped prior to surgery so be sure you know your specific instructions when to stop and restart these medications.
 - **Blood pressure pills** – some can be taken on the morning of surgery but others must be stopped the day of surgery. We will provide advice about your specific BP medications.
 - **Diabetes medications** – certain oral medications (ending in “-gliflozin”) must be stopped 3 days prior to surgery. Examples include Invokana (canagliflozin), Jardiance (empagliflozin), Farxiga (dapagliflozin). Metformin should be stopped the morning of surgery. Insulin usually is continued at a lower dose. We will typically arrange a preoperative anesthesiology consultation for diabetic patients to ensure they understand their preoperative diabetes management.
 - **Addiction treatment medications** – meds like Suboxone and Naloxone will affect your narcotic analgesic requirements during and after surgery. We will help devise a safe plan with you and your specialist
- ◆ **Health status changes:** If you have any new symptoms including cough, fever, or flu-like symptoms, please contact us immediately. If you think you could be pregnant, it is essential to have a pregnancy test before surgery.
- ◆ **Food & drink:** No solid food after midnight before your surgery. However, up **to 3 hours before your arrival time** you are permitted to have a small 250mL / 8oz drink of clear fluid such as apple juice, ginger ale, black tea, or black coffee (no milk). Fluids can provide energy and decrease postoperative nausea. Three hours prior to surgery take **nothing by mouth** (not even mints or chewing gum) except for approved medications which can be taken with a small sip of water. **Never consume alcohol** 24 hours before or after surgery, or while taking narcotic pain medications.
- ◆



William N. Andrade, MD, Plastic Surgeon 905-898-2519

- ◆ **Breast surgery:** Patients having breast reduction or reconstruction must purchase a proper surgical bra and bring it to the hospital on the day of surgery. Those patients having cosmetic breast implants or breast lift already have the bra included in their surgical fee.
- ◆ **Medical devices & cellphones:** Contact lenses should not be worn on the day of surgery but please bring eyeglasses. Unless hearing aids are essential for your hearing, we recommend leaving them at home. If you wish to bring Invisalign braces or dentures, please bring your own container for storage. In order to respect the privacy of all our patients, **cellphones are not permitted** in the postoperative recovery area until you are ready for discharge.
- ◆ **Jewelry, nail polish:** Rings, necklaces, skin studs, hair extensions and anything else containing metal should be removed prior to surgery, to decrease the risk of cauterization burns. **Rings must be removed** because hand swelling can occur during surgery, and a ring could block blood supply to your finger. Please **remove all nail polish and artificial nails** because an oxygen monitor will be on your finger to monitor blood oxygen levels, and it might not work properly if nail polish is worn.
- ◆ **Shaving:** Do not shave the hair around the surgical incision because this increases the risk of infection. We will use sterile clippers to trim the area if necessary.
- ◆ **Postop care:** All patients having an operation must arrange for a responsible adult to pick them up and stay with them for 24 hours, or surgery will be cancelled in the interest of safety. Do not drive a vehicle for a minimum of 24 hours after surgery, while taking narcotic pain medication, or while wearing hand casts, splints or dressings.
- ◆ **Drop-off and pick-up time:** Surgery days are planned based on patient safety and other factors, so the order of cases on any given date might need to be altered. Your drop-off and pickup time could change at the last minute, please leave the entire day of surgery open and plan accordingly.
- ◆ **The morning of surgery:** Bring all of your medications, but only take medications on the morning of surgery that were approved by Dr. Andrade.
 - ◆ Take a shower and refrain from using any beauty or skin care products.
 - ◆ Wear a loose button-up shirt and track pants for easy dressing after the operation.
 - ◆ Leave valuables at home.
 - ◆ **Please arrive on time.**