**Blood Work:** Confirm that blood work is faxed to both our office and to the surgical facility where you will be having your surgery. To avoid any glitches, we recommend bringing a copy with you. Your surgeon may have recommended a medical clearance as well. Please confirm that our office has received these clearances and any blood work such as a blood count (CBC), Electrolytes (BMP7), EKG, CXR, etc., if requested.

Young healthy individuals may need no blood work or a minimal of blood work. Patients of older years with medical issues such as high blood pressure, high cholesterol may need more testing prior to surgery.

**Blood thinners:** Blood thinning products can cause excessive bleeding during and after surgery. Both prescription and over the counter medications can have blood thinning properties. If you currently take any of the medications or herbal preparations listed below discontinue their use 2 weeks prior to your procedure. Remember this is only a partial list. If you have any questions please contact your local pharmacist.

If you were told by a doctor to take a blood thinning medicine on a regular basis for stroke or heart attack prevention, severe arthritis, atrial fibrillation, or a prosthetic heart valve, ask your surgeon when this medicine should be discontinued.

Read the labels on all the medications that you take on a regular basis or any new medications you are starting. Many products contain **aspirin (ASA or acetylsalicylic acid)** and must be stopped 14 days prior to surgery.

Below is a list of medications that must be stopped for the 14 days before surgery:

- Aspirin (ASA or Acetylsalicylic Acid)
- Coumadin
- Gingko
- Heparin
- Lovenox
- Plavix
- Ticlid
- Garlic
- Ginseng
- Ibuprofen
- Naproksen
- St. Johns Wart
- Vitamin E

If you need pain, headache, cough, or cold medicine during the 14 days prior to surgery you may take products containing Acetaminophen (Tylenol).

**Empty Stomach:** It is important to have an empty stomach before surgery so that at time of anesthesia food or fluids do not go “down the wrong pipe” and cause pneumonia. Remember, *Nothing to eat or drink after midnight.* That means

- No gum / No hard candy
- No cigarettes
- No food / No drink
**Pre-Operative Instructions**

Contact: 410-955-9471

Johns Hopkins Plastic Surgery

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**Medications:** You may take your usual medications with a sip of water. If you are a diabetic, hold your morning dose of your diabetes medications including insulin. Please bring your pills, insulin, and glucometer with you to surgery.

**Clothing/Garments:** If you are having breast surgery, bring a sports bra without an underwire, preferably one that zips in the front, to your surgery. We will place you in this bra right after your surgery to help minimize pain/swelling. We have found that a bra that patient wears or has tried on before may be more comfortable and lead to more expeditious healing than medical bras.

If you are having liposuction, bring the compression garment you ordered with you to surgery. If you are unclear about which garment, consult our website [www.HopkinsCosmeticSurgery.com](http://www.HopkinsCosmeticSurgery.com).

Plan to wear dark colored, comfortable clothes to the procedure. Wear a button down top so that it does not have to be put over your head. Put a pillow and a blanket in the car you will be going home in. Do not wear jewelry or bring valuables with you on the day of surgery. Do not wear perfumes, creams, or make-up to your surgery.

**Responsible Adult:** Bring a responsible adult to take you home after your procedure and stay with you the first night. This person has to be available when the surgery is completed and you are recovered to go home. We cannot place you in a taxi unaccompanied.

**Medications:** You will be prescribed a pain-killer as well as a preventative antibiotic, and occasionally an anti-nausea medication. You can fill them prior to surgery if your surgeon has given you the prescriptions. Alternatively, your family/friend can fill your prescription while they are waiting for your surgery to be completed.

**Surgery Location:** You will be notified by us about your surgical location. Confirm directions and timing. The location of the surgical facilities we use and their addresses and directions are on our website ([www.HopkinsCosmeticSurgery.com](http://www.HopkinsCosmeticSurgery.com)).

**Prepare your home:** Plan ahead for your recuperation. Consider moving your essentials (such as DVD’s, laptop, pajamas) to one level of your home to minimize stair use. Stock your fridge with apple juice, gingerale, Gatorade, and tea. These will be important to help you stay hydrated. Frozen peas also serve as great cold compresses to minimize swelling from surgery!

There will occasionally be drainage from your surgical sites, so put old sheets on the bed. Break out the comfortable clothing as well—such as a track or leisure suit, old sweatshirt, etc. Take this time to relax and get away from the tyranny of our hectic and over-scheduled lives.

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We hope that this information is helpful as you look forward to the new you. Sincerely,

Division of Plastic Surgery

Johns Hopkins Hospital