



2345 Lamington Rd, Ste 108, Bedminster, NJ 07921

Tel: (908) 470-2600 Fax: (908) 470-1660

www.janjuafacialsurgery.com

### **INSTRUCTIONS FOR PATIENTS UNDERGOING SURGERY**

#### **BEFORE SURGERY**

- Do not eat or drink **anything** including water after dinner the night before surgery or the morning of surgery. If your surgery is in the afternoon, you cannot eat or drink for at least six hours before surgery. **If you do we will have to cancel your surgery.** Young children and infants can have water for up to two hours before surgery. Infants can be breast fed for up to four hours before surgery or can have formula for up to six hours before surgery.
- **If you are having surgery in our office under Local Anesthesia you WILL NOT have to Fast. Please eat a light breakfast. Drink a lot of water to avoid dehydration.**
- **If you are having surgery in our office, PLEASE bring ALL PRESCRIPTIONS that we gave you to the office at the time of your surgery appointment.**
  - If you have any CT scans pertaining to your surgery, please bring them with you.
  - If you take any prescription medications in the morning, take them with a single small sip of water at your usual time.
- **Do not take any Coumadin, Plavix, Lovenox, aspirin, Motrin, Advil, and Aleve, Excedrin or any commercial compounds containing these medications for at least 10 days before surgery. These medications can cause excessive bleeding during or after surgery. For a headache or pain take Tylenol as it is safe. If you are unsure, please call the office.**
- **If you take any herbs or herbal medicine or supplements like Fish Oil or Vitamin E, Omega 3 or CoQ10 capsules by mouth, please stop these for 2 weeks before surgery. If you cannot stop your medication or herbs, please notify your doctor.**
- Go to bed at your usual time. If you have difficulty falling asleep, take Benadryl over-the-counter. Xanax (Alprazolam) might be prescribed to you. Take it before going to bed and also on the morning of surgery with a very small sip of water.
- Take notes of all important things. Write down the questions you want to ask your doctor.
- If you had any dental work done or you currently have a dental infection, please let us know as surgery during a dental infection can have serious consequences. If you have any loose teeth, please mention it to us on the morning of surgery.
- Wear comfortable clothes and shoes on the day of surgery. **Do not wear Make-up or Jewelry to the office or surgery center.**
- **If you use an inhaler for asthma, COPD or emphysema, please bring with you on the day of surgery.**
- Surgical Center Patients are only permitted to take Taxi/Uber rides if they have a responsible adult with them. In addition, for certain in-office procedures we may also require that you be accompanied by a responsible adult.
- Avoid alcoholic beverages for one week before surgery and one week after surgery.
  - Start taking 2 grams of Vitamin-C every day one week prior to surgery and two weeks after surgery.
  - If you smoke, do not smoke for at least 2 weeks before surgery and for 2 weeks after surgery. Take 4 grams of Vitamin-C every day.
  - Remember to adopt a healthy lifestyle with good nutrition, less stress, exercise, sleep and meditation. For Guided Meditation you can use the Apps Calm and Headspace on your phone.



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## **INSTRUCTIONS FOR PATIENTS UNDERGOING SURGERY**

### **AFTER SURGERY**

- Relax, as the harder part of waiting for surgery is behind you.
- **If you received anesthesia for your surgery, you should have an accompanying adult present with you for the first 24 hours.**
- A low fever, i.e., 99° is common the night of surgery but any higher fever or pain not relieved by medication must be reported to the doctor.
- If you take caffeine daily then resume it to avoid a caffeine withdrawal headache.
- Vomiting can happen after any surgery. If it happens, sit forward and do not eat or drink until the nausea resolves.
- If you had nasal or sinus surgery; do not blow your nose, sneeze with the mouth open and do not try to hold back a sneeze. Do not touch your nose or put in any objects. *Picking your nose can lead to a serious infection.* Do not strain and take laxatives if you have constipation. Do not lift or push heavy weights
- **Avoid extreme physical activity. Do not bend over as it increases blood flow to your face increasing the chances of bleeding. Obtain more rest than you usually get and avoid exertion, including athletic activities and housework.**
- **No contact sports for 3 weeks. In one week you can walk, in two weeks you can run and in three weeks you can lift weights.**
- Wear clothing that fastens in front or back for 1 week. Avoid slipover sweaters, T-shirts and turtlenecks.
- Don't swim for 1 month, since injuries are common during swimming.
- Take only medications prescribed by your doctor(s). Tylenol is safe to take.
- Return to work or school a week after surgery, if you feel well.
- Do not make any travel plans for at least three weeks after surgery.
- Please call the office to confirm your appointment which usually is a week after surgery.
- Lastly, if in doubt about anything at any time, please call our office at: (908) 470-2600.

**Visit us on the web [www.janjuafacialsurgery.com](http://www.janjuafacialsurgery.com)**