

**ASPIRIN AND ASPIRIN-LIKE DRUGS TO AVOID**

To reduce your risk of bleeding during and after surgery, the following medicines should not be taken for at least two weeks prior to surgery:

4-Way Cold Tablets	Convagesic	Lanorinal Tablets	Predisal
Aches N Pains Tablets	Daprisal	Lodine	Presalin
Acetycol	Darvon Compound	Lovenox	Pyroxate
Actron	Darvo-Tran	Magan	Relafen
Adprin-B Tablets	Dasin	Magnaprin Arthritis Strength	Robaxisal
Advil	Daypro	Magasal Tablets	Rowasa
Aggrenox	Decagesic	Maximum Bayer Aspirin	Rufen
Aleve	Demerol CIAPC	Measurin Tablets	S-A-C
Alka Seltzer	Disalcid Caps/Tabs	Meclomen (Meclofenamate)	Saleto Tablets
Alprin Bi Tabs	Doan's Pills	Medaprin	Salflex Tablets
Amigesic	Dobobid	Menadol Tablets	Salocol Tablets
Anacin	Dristan	Micrainin	Salsitabs
Anaprox	Duoprin-S Syrup	Midol	Sk-65 Compound Caps
Anaprox Ds	Duradyne	Mobidin	Sine-Off
Anodynos	Duragesic	Mobigesic	Sine Aid-IB
Ansaid	Easprin	Momentrum	Sigmagen
Argesic	Ecotrin	Monacet	Soma Compound
Artha-G tablets	Edrisal	Monogesic	St. Joseph Adult Chewable Aspirin
Arthralgen	Emagrin	Motrin	Stendin
Arthritis Bayer Timed Release	Empirin Tablets	Nalfon	Sulindac
Arthropan	Empiral	Nalfon Pulvules	Supai
Ascodeen-30	Emprazil	Naprosyn	Supac
Ascriptin	Endodan	Naproxen Tablets	Synalgos Capsules
Asperbuf Tablets	Epromate Tablets	Nemugesic	Synalgos DC Capsules
Aspergum	Equagesic Tablets	Neocylate Tablets	Talwin Compound Tablets
Asprin	Equazine M Tablets	Night Time Effervescent	Ticlid
Asirimox	Excedrin	Norgesic	Tolectin
Bayer Aspirin Tablets	Feldene Capsules	Norgesic Forte	Toradol Infection
Bc Tablet and Powder	Fiorgen Pf Tablets	Nowich	Toradol Tablets
Buf-Tabs	Fiorinal Tablets	Nuprin	Trancogesic
Buf-A Comp	Gelprin	Nytol	Trental
Bufferin	Gemisyn	Orudis Capsules	Triaminicin
Buffetts II Tablets	Genpril	Oruvail Capsules	Tricosal Tablets
Buffex	Genprin	Pabalate	Tri-Pain Tablets
Buffinol Tablets	Gensan	Pac Tablets	Trigesic Tablets
Butalbital Compound	Goody's Headache Powder	Pamprin-IB Tablets	Trilistae Tablets
Cama Arthritis Pain Reliever	Halfprin Tablets	Pentasa	Trilisate Liquid
Cataflan Tablets	Haltran Tablets	Pentagesic	Vanquish
Children's Advil Suspension	Histadyl	Pepto-Bismol Tablets and Suspension	Verin
Children's Motrin Suspension	Ibu-Tab Tablets	Percodan	Voltaren Tablets
Cheracol Capsules	Ibuprofen	Persantine	Vitamin E
Cirin	Ibprin Tablets	Persistin	Warfarin
Clinoril	Ibuprohlm	Phenaphen	Zactirin Compound – 100
Congesprin	Indochron-E-R Capsules	Piroxicam	Zorprim Tablets
Cope Tablets	Indocin	Plavix	
Coricidin	Indocin-Sr Capsules	Ponstel Capsules	
	Indomethacin		
	Ketoprofen Capsules		

**TODAY**

- Stop Smoking
- Arrange Pre-Operative Testing, if Requested
- CBC (Complete Blood Count) if you are having liposuction or are over 50 years of age
- -CBC and EKG if you are over 50 years of age

**TWO WEEKS BEFORE SURGERY**

- Stop Aspirin-like Drugs
- Stop Red Wine
- Stop Vitamin E
- Stop Green Tea
- Arrange Transportation to and from Facility
- Arrange Companion to accompany you home
- Color Hair

**THREE DAYS BEFORE SURGERY**

- Begin Chlorhexidine mouthwashes

**TWO DAYS BEFORE SURGERY**

- Call to Verify Arrival Time
- Ask about Prescribed Medications
- Purchase Post-op Medications

**DAY BEFORE SURGERY**

- NOTHING TO EAT OR DRINK AFTER MIDNIGHT

**DAY OF SURGERY**

- Leave Valuables at Home
- Bring medicines that you take on a daily basis.
- If you get migraine headaches, bring your medication.
- If you are diabetic, bring your glucometer and medication.
- Bring check for overnight nurse
- No Make-up or jewelry
- Bring Reading Glasses
- Wear Comfortable Clothes – If you are having facial surgery, wear a shirt that does not pull over your head – you need one that that zips or buttons in front
- If you are having facial surgery, bring scarf to cover head or wear a jacket with a hood.
- Bring sunglasses if you are having eyelid surgery
- Report to 170A Commonwealth Ave., Boston

### **TODAY**

- **STOP SMOKING.** If you are smoker, your planned surgery is an excellent impetus to stop. Smoking delays wound healing, which may compromise the result of your surgery. It also impairs your cardiovascular and respiratory systems. You should quit four to six weeks prior to your planned surgery, and you must quit at least two weeks before your planned surgery.
- Arrange to have any preoperative testing requested by your surgeon to be performed so that the results will be available two weeks prior to surgery. The attached prescription will inform your physician or hospital laboratory what tests are required. The results should be forwarded immediately to your plastic surgeon.

### **Two WEEKS BEFORE SURGERY**

- Stop taking aspirin or ibuprofen-containing products for two weeks prior to surgery and two weeks following surgery. These products may cause bleeding. Many other products, such as Bufferin, Anacin, and Advil contain aspirin or ibuprofen. A list of aspirin and ibuprofen-containing drugs which you must avoid is included. Tylenol (acetaminophen) may be used as a substitute.
- Avoid red wines for two weeks prior to surgery, because they may give you a tendency to bleed and increase bruising.
- As you will be sedated during surgery, it is necessary for you to have someone you know pick you up from The Boston Center. Unless you have made arrangements to spend the evening after surgery at the Boston Center, it is important to have someone spend the first postoperative evening with you. Please make arrangements, as we cannot discharge you without an escort.

### **THREE DAYS BEFORE SURGERY**

- Begin Chlorhexidine Gluconate 0.12% oral rinse if you are undergoing facial implant surgery midface lift, or breast augmentation.  
Rinse with ½ ounce twice daily – spit out after use.  
Start 3 days before surgery  
Dispense 1 pint (473 ml)

### **Two DAYS BEFORE SURGERY**

- Please call (617) 267-0710 two days prior to surgery. Ask for the nurse to verify with you the preoperative instructions and confirm your arrival time for surgery.
- Be sure to ask the nurse if you should take or bring in your daily prescribed medications.
- Have post-op medications prescribed by your plastic surgeon filled by your pharmacist.

### **DAY BEFORE SURGERY**

- It is imperative that you have **NOTHING TO EAT OR DRINK AFTER MIDNIGHT OF THE EVENING BEFORE SURGERY** unless otherwise advised by your surgeon.
- Wash your hair with your usual shampoo the night before surgery.

### **DAY OF SURGERY**

- Take your usual prescription medications with a sip of water the morning of surgery. If you take insulin, discuss the appropriate dose with your surgeon preoperatively.
- Please report to 170A Commonwealth Avenue, Boston, Massachusetts, on the day of surgery. The surgical entrance is located below street level, not to be confused with 170 Commonwealth Avenue, which is above street level. Allow yourself ample travel time so that you arrive at the scheduled time for your surgery.
- Please leave all valuables and non-essential jewelry at home.
- **DO NOT WEAR ANY MAKE-UP, FINGERNAIL POLISH, ARTIFICIAL FINGERNAILS, OR ARTIFICIAL EYELASHES** on the day of surgery, as this will interfere with surgery and cause delay.
- For your comfort, we suggest wearing shirts which button down the front and low-heeled, comfortable shoes. If you are having facial surgery, we advise you to bring a scarf and dark glasses.
- Bring reading glasses so that you can fill out forms. Do not wear contact lenses.
- You may shower the morning of surgery and wash your hair with your usual shampoo.