

Surgery at Beachwood Plastic Surgery

Dr. Goldman and the staff of Beachwood Plastic Surgery understand that there are a lot of details to remember prior to surgery, and have tried to summarize some of the information here. Remember that we are here to help make this process as seamless and comfortable as possible. We strive to provide you with all the pertinent information prior to surgery and are available if you should have any questions.

Prior to the Day of Surgery

We recommend that you refrain from smoking for 6 weeks and drinking alcohol for at least 24 hours before your surgery.

Also discontinue birth control medication 4 weeks prior to surgery.

- Review your medication with our office. If you are taking aspirin, medications containing aspirin, NSAIDS, blood-thinning medications, or herbal supplements, Dr. Goldman may want you to stop taking these medications prior to surgery.
- Get any recommended pre-operative tests completed. Do not assume the results are normal; call our office 5-7 days after you have tests done to make sure we received the results.
 - Blood work within 2-4 weeks of surgery
 - ECGs within 3 months of surgery
 - Chest X-rays within a year of surgery
- Order your compression garment (if applicable). Please call Medico to check your measurements for sizing before ordering. Bring this garment with you the day of surgery.
- Arrange for post-operative help and any supplies you need for the first few days.
- Thoroughly review the consent form and any pre and post-surgery instructions and call if you have questions.
- If you develop a fever or have flu-like symptoms within two days of your surgery, please notify our office.

IMPORTANT: We will call you the day before to confirm what time you should plan to arrive prior to surgery. Any additional questions or concerns you may have can be addressed at that time.

Day of Surgery

Important Recommendations:

- We will be giving you anesthesia so please **do not eat or drink anything** after midnight the night before. This includes gum, candy, water, coffee etc. Nothing by mouth.
- Bathe or shower the evening before or the morning of your surgery.
- Leave your jewelry at valuables at home.
- Wear comfortable clothes the day of surgery, a shirt that zips or buttons is preferred.
- You will be asked to give a urine sample and remove your contact lenses &/or tampon when you arrive.
- Bring a list of any allergies and any medications you are taking.
- Bring your pre and post-surgery instructions and consent forms with you as you will be asked to initial/sign them prior to surgery.
- Friends or family that came with you may wait in our lobby area while you are in surgery, or may leave and come back to pick you up. If they leave our office we must have a cell phone number in order to reach them.

IMPORTANT: Please plan to have a friend or family member accompany you to our office and home afterward. For safety reasons, if you have been given an anesthetic or received sedation, you must have a responsible adult drive you home and stay with you for the first 24 hours after surgery. We cannot permit you to leave unescorted. This person will be asked to review post-operative instructions with our nurse and sign you out after surgery.