



General Pre-op Instructions

Welcome to your general pre-operative instructions for your surgery with Dr Pearce at Pearce Plastic Surgery. Our goal is to ensure that your surgery proceeds as smoothly as possible, allowing us to achieve the best possible results.

If this is your first time reviewing these instructions, please read through this document in its entirety to ensure you do not miss any important information. Once you are familiar with the content, you may refer to the sections below for specific details closer to your surgery date.

14 Days Prior to Surgery

Two weeks or more prior to your procedure, you will need to make arrangements to take time off from work and refrain from engaging in strenuous physical activity.

- **Work:** If you work from home or primarily perform desk-based tasks, you may return to work 2 to 3 days post-operatively, provided you are not taking narcotic pain medications. Most of our patients are able to switch to over-the-counter pain relievers, such as Extra Strength Tylenol, within this time frame. However, if your job involves physical labor, lifting, or strenuous activity, you should plan to take at least one week off to minimize the risk of post-operative complications.
- **Out-of-Town Patients:** If you are traveling to Austin for your procedure, please arrange hotel accommodations for the night before the surgery and ensure you stay in the area for at least 5 days following the procedure. This will allow for necessary follow-up appointments to monitor your recovery.
- **Transportation:** Additionally, you will need to arrange for a responsible adult to drive you home following the procedure, as you will not be permitted to drive for 24 hours due to the sedatives administered prior to the surgery. You are not permitted to use a ride share service (such as Lyft, Uber, etc) to get home from your procedure.



7 Days Prior to Surgery

Blood Thinners:

If you are currently taking prescribed blood thinners (e.g., Plavix, Coumadin, Xarelto, Eliquis), we will have previously discussed with you and your prescribing physician whether this procedure can proceed safely. If appropriate, we will establish a plan to temporarily discontinue these medications and transition to alternative blood thinners, such as Heparin or Lovenox, which can be stopped closer to the date of surgery. You should follow the agreed-upon plan for discontinuing these medications.

Non-Prescription Medications:

Please avoid the use of over-the-counter medications that can increase the risk of bleeding, particularly ibuprofen, for one week prior to surgery. If you require pain relief, Tylenol is the recommended alternative.

Supplements:

Discontinue the following supplements at least 7 days prior to surgery as they may increase the risk of bleeding:

- Garlic
- Ginger
- Ginseng
- Ginkgo
- Vitamin E

Additionally, avoid supplements that can elevate blood pressure, such as energy supplements, ephedra, and licorice. If you are taking any supplements not listed here, please consult with us prior to your procedure to ensure they will not interfere with the surgery or post-operative Healing.

Alcohol:

Please refrain from consuming alcohol for at least 7 days prior to the surgery. Alcohol can thin the blood and increase the risk of bleeding during and after the procedure.



3 Days Prior to Surgery

As your surgery day approaches, please complete the following preparations:

1. Confirm transportation: Ensure that you have a confirmed ride to and from the procedure, as driving will not be permitted after surgery.
2. Prepare for recovery: Consider stocking up on essentials, such as groceries and entertainment, to make your recovery at home more comfortable. You will likely want to rest for several days after the procedure.
3. Towels: Choose a few towels that you do not mind getting stained. You may experience some fluid drainage from the small incisions behind your ears after the procedure, and it is better for this to be absorbed by towels you can easily clean.
4. Prescriptions: Ensure that your prescriptions have been filled. If you have not received your prescriptions by this time, please contact our office immediately.

The Night Before Surgery

1. Rest: Take it easy the evening before your procedure to ensure you are well-rested for the next day. Avoid exercising this day so your body is in recovery mode and you don't spend the day of surgery as a recovery day.
2. Set Alarms: Set alarms to ensure that you arrive on time for your procedure.
3. Clothing: Select comfortable, loose-fitting clothing and shoes for the day of surgery. We recommend shoes that are easy to slip on, such as slides or sandals, as you will be instructed not to bend over after the procedure. Additionally, a button-up shirt or zip-up hoodie will make it easier to change into your surgical gown.
4. **If your procedure is under General Anesthesia at the surgical center please do not consume any food or drink after midnight the night before.** If you are unsure, please ask.



The Morning of Surgery

1. Arrive on Time: It is important to arrive promptly at the scheduled time for your Procedure.
2. Shower: Take a shower and thoroughly cleanse your hair, but avoid applying any products (e.g., gels, sprays, oils) to your hair. Please use antibacterial soap.
3. Food: If your procedure is under local anesthesia here in the office, please eat a light breakfast and drink plenty of water. You should remain well-hydrated, especially as we will perform a pregnancy test prior to the procedure as a precautionary measure, if applicable. **If your procedure is under General Anesthesia at the surgical center please do not consume any food or drink after midnight the night before.** If you are unsure, please ask.
4. Drink: If your procedure is under local anesthesia here in the office please be sure to drink water on the way to the office to stay hydrated. Ladies, please refrain from going to the bathroom until you are here in the office as you will be required to have a urine pregnancy test prior to the procedure. **If your procedure is under General Anesthesia at the surgical center please do not consume any food or drink after midnight the night before.** If you are unsure, please ask.

If you have any questions regarding anything that was not covered here please call or text our office at 512-764-9076.