

Preoperative directions:

Thank you very much for choosing to have your surgery with Athre Surgical Associates. There are several instructions that will help make your surgical experience more pleasant by trying to minimize the amount of bruising, swelling, and discomfort that you may have. Furthermore, these instructions will also help maximize your end result.

Preparation prior to surgery is very important. There are several things that need to be done in order to prepare your face and your body for surgery. For the majority of surgeries of the face, the blood supply to the structures of the face is so great that there is a high incidence of bruising and swelling. However, there are several things that can be done to minimize this chance as much as possible. The first thing to do is to minimize your intake of alcohol, including beer, wine, and liquor for at least seven days prior to surgery. The reason for this is that alcohol thins your blood by deactivating platelets. By doing so, it can make you more likely to bruise and swell.

The other main culprit in increasing the chance of you bruising and swelling is over-the-counter medications; aspirin, ibuprofen, Aleve, multivitamins, flaxseed oil, St. John's Wort, and vitamin E have all been shown to have an anti-platelet effect. Consuming these medications within seven days of surgery will make you more likely to bruise and swell. We highly recommend that you stop these medications prior to your surgery.

If you are on any blood thinners, namely Coumadin or Plavix, please contact our office immediately to get instructions about stopping or continuing your Coumadin.

The other aspect to minimizing bruising and swelling is preoperative vitamins. These vitamins can be purchased through the Vitamin Shoppe, or can be purchased through our office as part of the postoperative packet. These vitamins are a complex combination of vitamins that have been specifically formulated to minimize your chance of bruising and swelling and increase healing. These vitamins have no significant side effects and therefore they can only serve to help your surgical experience. Please consume these vitamins with meals for five days prior to surgery and five days following surgery. One of the vitamins included in this packet is Arnica Montana. This vitamin can be taken for ten days following surgery as well. Your supply includes a five-day postoperative supply, however if you feel that you require additional Arnica you may purchase this at any nutritional supplement store (Arnica Montana 30x, The Vitamin Shoppe, 4 pills twice daily). If you choose to purchase the vitamins through the Vitamin Shoppe, please contact us and we will give you the names and dosages of all vitamins.

On the morning of your surgery, please do not eat or drink anything after midnight of the night before. If you take medications regularly, please contact our office in order to determine which medications you should continue and which medications you should not. Medications that can be continued can be consumed with a small sip of water. Other than

the small sip, please do not consume anything. Instructions will be given to you by our nurse with respect to the time and location of your surgery. If you are unclear, please contact us the day before your surgery so that we may be able to provide you directions as well as what time to arrive.

Smoking is an absolute contraindication to facial surgery. Chemicals in the smoke make the small blood vessels that supply the skin and other structures constrict. This in turn causes decreased blood flow, and increases the risk for complications immensely. If you smoke at all, please contact our office immediately, so that we can plan appropriately with respect to your surgery.

The purpose of these instructions is not to scare you, but to prepare you for your upcoming surgery. We at Athre Surgical Associates want you to have the very best surgical experience and the best possible postoperative results. These instructions will help achieve these goals. Thank you again for choosing Athre Surgical Associates.