



EYE & FACIAL PLASTIC SPECIALISTS

Dr. Donald Hollsten & Dr. Jordan Hollsten

PRE-OP INFORMATION

It is very important that you adhere to the pre-treatment instructions during the few weeks preceding your surgery. These procedures will help to enhance the result of your surgery and minimize the risk of untoward effects.

PRE-OP INSTRUCTIONS:

- Medication
 - **STOP** taking any meds listed on our “Medications to Avoid” Page **14 DAYS BEFORE** your surgery - **REVIEW THIS LIST CLOSELY.**
 - **Heart or Blood Pressure Medicine:** Take pills the morning of surgery with just enough water to swallow them down.
 - **Diabetic Patients on Insulin:** Take **HALF** of your normal dose the morning of the surgery. You may resume your normal routine immediately after surgery.
- Food & Drink
 - **NO ALCOHOL** for **72 HOURS** prior to your surgery.
 - **SURGERIES PRIOR TO 1:00 PM-** Please do not eat or drink anything after midnight the night before your surgery.
 - **SURGERIES AFTER 1:00 PM-** Please only eat a clear liquid breakfast (tea, coffee, jello, or juice- no milk products) before 7:00 AM on the day of your surgery.
- Bathing & Grooming
 - Please take a shower or a bath the night before or the morning of your surgery. It is also suggested that you shampoo your hair.
 - Please arrive at the surgery center with no makeup.
 - For Men: Please close shave prior to your arrival at the surgery center.

DAY OF SURGERY:

- Clothing
 - Wear loose fitting, comfortable clothing with a front button shirt or blouse.
- Makeup
 - Please arrive at the surgery center with no makeup.
- No Contact Lenses
 - If you require corrective lenses, please wear glasses on your surgery date. Contacts cannot be worn in surgery.
- Check In
 - Arrive at the surgery center promptly at your check-in time to take care of all paperwork and pre-op preparation.
- Driver/Transportation
 - You **MUST** have someone to drive you home from surgery.
 - If you do not have someone to drive you home, **we will have to CANCEL YOUR SURGERY.**