



# GARCIA

↔ FACIAL PLASTIC SURGERY ↔

7807 Baymeadows Road East, Suite 303 Jacksonville, FL 32256

Phone: 904-203-8282 Fax: 904-312-9907

## PRE-PROCEDURE INSTRUCTION SHEET

**DO NOT EAT OR DRINK ANYTHING, NOT EVEN WATER, GUM OR SUCK ON CANDY AFTER MIDNIGHT** on the night before your procedure.

1. Special medication instructions:
  - We recommend you take your blood pressure medication, heart medication, reflux medication, parkinson medications, thyroid medication, pain management medication, anxiety medication and seizure medication with a small sip of water.
  - Diabetic patients, do not take your insulin, bring your insulin with you.
  - Patients on respiratory inhalers, please bring them with you.
2. If you are taking any blood thinners or Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as Coumadin, Plavix, Ibuprofen, Naproxen, Meloxicam please consult your Primary Care Physician or Surgeon as some of these medications must be stopped up to two (2) week prior to procedure.
3. Hygiene: You may bathe, brush your teeth and gargle on the morning of your procedure but do not swallow water. If you are having nasal surgery, please make sure that you trim all hairs inside the nostrils. All males **MUST** be clean shaved on the morning of surgery.
4. Please refrain from smoking and drinking alcohol for 24 hours prior to your procedure.
5. Notify your physician if you develop any kind of illness such as fever, sore throat, an infection, breathing difficulties or chest pain prior to the day of your procedure.
6. **YOU MUST** arrange for a responsible **ADULT COMPANION** to drive you home as soon as you are ready to discharge **AND BE WITH YOU FOR 24 HOURS** after your procedure. If you do not, we may have to cancel your procedure.
7. After your procedure, for your safety and the safety of others, **YOU SHOULD NOT DRIVE FOR 24 HOURS** and avoid the following: alcoholic beverages, non prescribed medication, operating hazardous equipment or appliances or making important decisions.
8. Leave your valuables at home. Leave contact lenses at home or bring a case for them. Please do not wear any jewelry the day of your procedure, including any body piercing (they must **ALL** be taken out).
9. Wear loose fitting, comfortable clothing and walking shoes. Please avoid wearing dark nail polish and any cosmetics.
10. You will receive a phone call 1-2 days prior to your procedure to go over your instructions. If you have any questions or concerns, please call us at 904-203-8282.

Patient Signature: \_\_\_\_\_