



GARCIA

↔ FACIAL PLASTIC SURGERY ↔

7807 Baymeadows Road East, Suite 303 Jacksonville, FL 32256

PRE-SURGICAL CHECKLIST

Any patient who is NOT having anesthesia may disregard the sections in BOLD

PHYSICAL EXAM - ONLY required if you are over 45 or have any medical conditions

All patients have to be medically cleared for surgery. You must be examined by another physician (i.e. Internal Medicine, Family Practice) any time in the 6 MONTHS prior to your surgery. We will need your doctor to complete the Medical Clearance Form enclosed in your pre-operative packet, sign it and return it to us.. To save time, please have your doctor FAX this report to 904-312-9907 TWO WEEKS PRIOR TO YOUR SURGERY.

LAB WORK

To provide us with necessary information about the status of your health, all patients receiving "Twilight" (or general) anesthesia MAY be required to have lab work prior to their surgery. EKG's are required on all patients over 45 years of age and any patient with a history of heart trouble.

Lab work that may be required includes: CBC with platelets, Chem-20, Urinalysis.

If your surgery is done at the Clinic, labs must be done within 30 days prior to your surgery; if your surgery is done at the hospital, labs must be done within 14 days prior to your surgery. Any lab work older than the allowed time, MAY NEED TO BE REPEATED.

PLEASE HAVE ALL LAB RESULTS AND EKG RESULTS FAXED TO 904-312-9907 TWO WEEKS PRIOR TO YOUR SURGERY DATE.

COVID-19 GUIDELINES

Patients who have not received the COVID-19 Vaccine, must get a covid test 1 week prior to their surgery. This test must come from a medical establishment such as Walgreens, CVS, AVECENA, Care Spot, etc. At home test kits are not permitted.

PAYMENT FOR SURGERY

We require 25% of the total surgical fee as a deposit when scheduling surgery, it is our office policy for the remaining balance to be paid in full 2 weeks prior to surgery.

We accept cash, checks, Visa, MasterCard, Discover and American Express. Exemptions to this policy might include certain health insurance plans. These cases are handled individually.

Because Dr Garcia's surgery schedule is very busy and a great deal of planning goes into each surgery. We reserve the right to apply a cancellation fee of 15% of the total procedure fee to patients who cancel any time within 90 days of their scheduled surgery date. Cancellations prior to the 90 day period will incur a 250.00 administrative fee.

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SITTERS:

YOU CANNOT STAY ALONE AFTER SURGERY!

We strongly recommend that you have someone experienced stay with you during the immediate post-operative period. We have trained sitters that will stay with you the night of your surgery at no additional cost to you. A family member or trusted friend should stay with you until you feel well enough to return to the activities of daily living.

Please understand that these guidelines are set-aside in your best interests. So, we ask that you follow them.

If you are having any surgery or office procedure that requires a sedative you will need someone to drive you home afterwards.

MEDICATIONS:

Aspirin and aspirin-related products must not be taken during the two weeks prior to and two weeks after surgery because they increase bleeding and cause more bruising. For this reason, it is very important that contents of any "over-the-counter preparations" are checked carefully prior to their use. Many headache preparations, cold remedies, laxatives and "hangover cures" contain ASPIRIN. The chemical name of aspirin is acetylsalicylic acid. Many arthritis and pain medications (which are known as non-steroidal anti-inflammatory agents) affect bleeding, similar to aspirin.

NICOTINE interferes with healing by reducing blood flow. You are advised to avoid smoking, gums, and patches which contain *NICOTINE* for at least two weeks prior to and two weeks after surgery.

VITAMIN "E" -High doses of *VITAMIN "E"* (including what is typically found in a multi-vitamin) may also increase bleeding. *VITAMIN "E"* should not be taken during the two weeks prior to and after surgery. Herbs and natural products do not undergo the rigorous tests the PDA uses for drugs. Some of these natural products may interfere with your clotting mechanism and, therefore, increase your bleeding. Please discontinue these types of products two weeks prior to your procedure.

Prescription medications should be stopped only with the approval of the physician who prescribed the medication. Some prescription medications can create serious life-threatening problems during surgery or anesthesia.

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| ● warfarin (Coumadin) | ● Flurbiprofen (Ansaid) | ● Sulindac (Clinoril) |
| ● enoxaparin (Lovenox) | ● Ibuprofen (Advil, Motrin, | ● Valdecoxib (Bextra) |
| ● clopidogrel (Plavix) | Motrin IB, Nuprin) | ● Echinacea |
| ● ticlopidine (Ticlid) | ● Indomethacin (Indocin, Indocin | ● Ephedra |
| ● aspirin (in many versions) | SR) | ● Feverfew |
| ● non-steroidal anti-inflammatory | ● Magnesium salicylate (Arthritab, | ● Fish Oil |
| (NSAIDs) | Bayer Select, Doan's Pills, | ● Garlic |
| ● dipyridamole (Persantine) | Magan, Mobidin, Mobogesic) | ● Ginko Biloba |
| ● Aspirin (in many versions) | ● Meclofenamate sodium | ● Ginger |
| ● non-steroidal anti-inflammatory | (Meclofen) | ● Green Tea |
| (NSAIDs) (in many versions) | ● Mefenamic acid (Ponstel) | ● Kava Kava |
| ● Vitamin E | ● Meloxicam (Mobic) | ● St. John's Wort |
| ● Aspirin (Anacin, Ascriptin, | ● Nabumetone (Relafen) | ● Valerian |
| Bayer, Bufferin, Ecotrin, | ● Naproxen (Naprosyn, Naprelan) | ● Vitamin E |
| Excedrin) | ● Naproxen sodium (Aleve, | ● Vitamin C (large doses) |
| ● Choline and magnesium | Anaprox) | ● Birth control pills |
| salicylates (CMT, Tricosal, | ● Oxaprozin (Daypro) | ● Estrogen replacement |
| Trilisate) | ● Phentermine (Lomaira and | ● Estrogen creams or patches |
| ● Choline salicylate (Arthropan) | Adipex-P) | ● Coumadin |
| ● Celecoxib (Celebrex) | ● Salsalate (Amigesic, Anaflex | ● Warfarin sodium |
| ● Diclofenac potassium (Cataflam) | 750, Disalcid, Marthritic, | ● Ximlagatran |
| ● Diclofenac sodium with | Mono-Gesic, Salflex, Salsitab) | ● Clopidogrel |
| misoprostol (Arthrotec) | ● Sodium salicylate (various | ● Plavix |
| ● Diflunisal (Dolobid) | generics) | |

PRESCRIPTIONS

At your pre-op appointment, we will give you prescriptions that you will need to fill before your surgery date. ***Please bring your filled prescriptions with you the day of surgery.*** Patients having any type of resurfacing will receive a prescription for an antiviral agent. We would also like to recommend **Percogesic**, an over the counter combination pain reliever and sleep aid that contains acetaminophen. It makes a nice alternative for patients who no longer wish to take prescription strength pain relievers or sleep aids.

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LAST MINUTE INSTRUCTIONS:

REMEMBER - Do not eat or drink anything after midnight the night prior to your surgery. This includes gum, mints, ice, water, and coffee. You can brush your teeth, but do not swallow anything. You may want to have dinner later than usual. And we recommend a high protein meal on the night prior to your surgery, as it is more filling. If you are on medication prescribed by your physician, i.e. blood pressure pill, insulin, bring your medications in with you the morning of surgery.

REMEMBER – Even though patients who are NOT having anesthesia may have a small meal a couple hours before their surgery/procedure, as well as some liquids. It is advised that you limit what you eat to something very light and that you not consume liquids 1 hour before you arrive.

REMEMBER - *Wash your hair very well the night before your surgery.* Do not apply any conditioner, styling agents, hairspray of any kind. The morning of your surgery, wash your face thoroughly before coming to the clinic making sure to remove all make-up. Take extra time to ensure that all mascara is removed from the eye area. We will have you wash your face again when you arrive.

REMEMBER - Wear something very comfortable that buttons down the front. *Do not wear anything that pulls over your head.* Wear pants that are easy to pull on with no buttons or zippers and flat, slip on shoes. PLEASE do not wear jewelry or any other accessories the day of surgery (including body jewelry). If you wish to remove a bridge or denture please do so before you arrive and store them safely with your belongings. We will provide a locker for you the day of surgery. *We are not responsible for any lost items.*

And finally...

We urge you to follow our recommendations and instructions closely. Those who do generally get better results and have fewer problems.

Thank you for the confidence you have placed in us. We will do everything we can to justify your expression of trust.

Patient

signature: _____