



PRE-OPERATIVE SURGERY INSTRUCTIONS

Contact information

The phone number to reach Leyngold Institute for Plastic Surgery is **(208)900-4673**.

Blood thinners

It is important for you to discontinue medications that might thin your blood prior to surgery. Failure to discontinue blood thinning medications at the very least will increase your bruising and delay recovery and at the very worst could cause you to lose vision.

Alcohol is considered a blood thinner and should be stopped at least 2 weeks prior to surgery.

Some prescription medications like Coumadin, Plavix, and Ecotrin thin your blood. Prior to discontinuing these medications, you should discuss it with the physician who is prescribing the medication. If given permission by prescribing doctor, Coumadin is typically discontinued 5 days prior to surgery and restarted the day after surgery. Plavix is typically discontinued 5 days prior to surgery and started 3 days after surgery. Medication for high blood pressure and cholesterol does not thin your blood and can be taken with a sip of water on the day of your surgery.

Products which contain aspirin-like Baby Aspirin, Excedrin, and Ecotrin should be discontinued for **2 weeks prior to surgery** and **restarted 3 days after surgery**. If you are ordered to take these for a medical condition, then you should discuss stopping the medication with the doctor who is monitoring your treatment. Over the counter, non-steroidal, anti-inflammatory drugs [NSAIDs] like Ibuprofen, Motrin, Aleve, and Naprosyn all thin the blood and should be stopped at least **10 days prior to surgery** and **3 days after surgery**. If you need an over-the-counter pain reliever **2 weeks prior** to surgery it is OK to take **Tylenol**, as Tylenol does not thin your blood. Many food supplements and herbal preparations can thin your blood and may be dangerous to take prior to surgery. **Examples:** See list provide

Insurance Authorization (ONLY APPLIES IF YOUR PROCEDURE IS COVERED BY YOUR INSURANCE)

Once you and the doctor have decided on a surgical procedure, your insurance company (or companies) will be contacted to verify your benefits and determine if prior authorization is required. If authorization is required, this process can take anywhere from one week to six weeks. We will schedule a date for surgery with the understanding that if your insurance authorization takes longer than anticipated, the surgery may need to be rescheduled to a later date. As soon as the authorization is obtained from your insurance company, someone from our office will contact you to reconfirm the date and any additional cosmetic procedures planned.

Medications

If you normally take medications, you should take it with a small sip of water at the time you normally take it. Please bring a list of all the medications that you are currently taking. The surgeon may give you a prescription for a pain pill and anti-anxiety medication like Valium. Please get the prescriptions filled and bring the filled medication(s) with you on the day of the procedure.

Nicotine

All nicotine products (including cigarettes, vapes, patches, and gum) must be stopped at least 4 weeks prior to surgery to reduce the risk of serious complications. Nicotine restricts blood flow and impairs healing, which can lead to poor surgical outcomes.

Eating and Drinking

1. **NO** solid food or dairy 12 hours before scheduled arrival time.
2. Clear liquids, water, apple juice, **BLACK** coffee, Gatorade, or soda may be consumed until 3 hours before your scheduled arrival time.
3. **NO** chewing gum or candies to suck on, this increases gastric secretions.

UNLESS OTHERWISE INSTRUCTED BY PROVIDER

Day of Surgery

Do not put on make-up, lotions, creams etc. the day of surgery and do not wear jewelry or take valuables to the hospital with you. Wear loose comfortable clothing. You will be unable to drive after surgery. Please plan to have someone drive you home from surgery and assist you for the first 24 hours after.