

ANIL P. PUNJABI, MD, DDS

Preoperative Instruction

Three weeks prior to surgery

- Stop all Vitamin E and any other drugs and medications on the attached list.
- Stop smoking and all second-hand smoke. They can cause serious ulcerations.
- Submit us a list of all medications, vitamins, supplements, herbals over-the-counter medications for review and recommendations. If you have any questions about a medication you are taking, please call. **909-798-9950**

Two weeks prior to surgery

- Stop all alcoholic beverages completely. These thin blood and cause bleeding.
- Start your supplements and vitamins if recommended by Dr. Punjabi.
- Begin taking Iron supplements if you are having major liposuction.
- Get your lab tests done and fax our office the results **909 -798- 9958**.
- Fill your prescriptions

One week prior to surgery

- Stop all aspirin and blood thinning supplements and vitamins.
- Stop all anti-inflammatory drugs such as Ibuprofen/Motrin/Aleve
- If you desire, color or perm your hair at this time or prior.
- Make arrangements for whomever will take you to and from surgery. Let us know if you need help with this.
- Get proper nutrition and rest and do not stay up late or work long hours.

Three days prior to surgery

- For facial surgery: scrub your face thoroughly twice daily and very vigorously behind the ears.
- For breast surgery: do not shave under the arms
- Stop all skin creams. Use cleansers only.

The day before surgery

- Do not eat or take anything by mouth after midnight. This includes water, black coffee, mints, gum, cough drops or lozenges.
- Begin antibiotics the day before.
- Shower and wash and condition your hair as usual. Do not use hairspray, hair gel, or mousse.

The day of surgery

- Okay to shower in the morning and wash and condition your hair as usual. Do not use hairspray, gel or mousse.
- Do not wear make-up, lipstick, deodorant, nail polish, hairpins, or moisturizer.
- Do not wear contacts. Bring a case for your jewelry.
- Do not wear any jewels or valuables.
- Wear loose fitting clothing, button-up shirts, elastic waist pants and slip on shoes. No jeans or jump suits or sweaters.
- Bring scarf, sunglasses, or hooded sweatshirt to wear after your surgery.
- Brush your teeth and rinse with mouthwash. Do not swallow any waters or liquids.
- You will need a ride to and from surgery. Do not drive your own car and you cannot take a taxi.
- All specimens removed will be submitted to the pathology department. You will receive a separate bill for this.