



AESTHETIC FACIAL PLASTIC SURGERY PLLC
DR. PHILIP YOUNG, MD

Pre-Procedure Instructions – General

The following instructions should be followed closely except when overruled by specific procedural instructions.

2 Weeks Prior to Your Procedure and After Procedure

1. NO ASPIRIN or medicines that contain aspirin* since it interferes with normal blood clotting.
2. NO IBUPROFEN or medicines contain ibuprofen* as it interferes with blood clotting.
3. Please DISCONTINUE ALL HERBAL MEDICATIONS* as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.
4. Please DISCONTINUE ALL DIET PILLS whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.
5. NO “MEGADOSES” OF VITAMIN E, but a multiple vitamin that contains E is just fine.
6. NO SMOKING because nicotine reduces blood flow to the skin and can cause significant complications during healing.
7. You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.
8. Start taking a multivitamin each day and continue taking through your recovery. The healthier you are, the quicker your recovery will be.
9. Make sure to read through the medications that Dr Young Prescribed and take the medications as directed. Some medications should begun before your surgery day.

(* See Medications to Avoid for a detailed list.)

One Week Prior to Your Procedure

1. DO NOT take or drink any alcohol or drugs for one week prior to your procedure and one week after your procedure as these can interfere with anesthesia and affect blood clotting.



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2. If your skin tolerates, use a germ-inhibiting soap for bathing, such as Dial, Safeguard, or Lever 2000 for at least the week before your procedure.
3. DO report any signs of cold, infection, boils, or pustules appearing before your procedure.
4. DO NOT take any cough or cold medications without permission.
5. DO arrange for a responsible adult to drive you to and from the facility on the day of your procedure, since you will not be allowed to leave on your own.
6. DO arrange for a responsible individual to spend at least the first 24 hours with you, since you CANNOT be left alone.

Day Before Your Procedure & Morning of Your procedure

1. DO NOT eat or drink anything (not even water) after midnight the night before your procedure. Also, no gum, candy, mints or coffee the morning of your procedure. Do not sneak anything as this may endanger you. If you are just having your procedure under local anesthesia in our office you may be able to eat something light up until your procedure but YOU SHOULD CHECK WITH DR YOUNG FIRST BEFORE DOING THIS.
2. If you are on regular medications, please clear these with Dr. Young. If given CLONIDINE you should take one dose the morning on the day before your procedure and one the night before your procedure.
3. DO take a thorough shower with your germ-inhibiting soap the night before and the morning of your procedure. Shampoo your hair the morning of your procedure. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.
4. DO NOT apply any of the following to your skin, hair or face the morning of your procedure: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.
5. You may brush your teeth the morning of your procedure but do not drink anything unless you are having the procedure in our office under local anesthesia and oral sedation.



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6. DO NOT wear contacts to your procedure. If you do wear glasses, bring your eyeglass case.
7. DO wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear home is a button-up top and pull on pants. You will want easy-to-slip-on flat shoes.
8. DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.
9. You must have an adult drive for you to and from your procedure. Please note that a cab or bus driver will not be allowed to take you home after your procedure. On arrival, be sure we know your driver's name, phone numbers, and how we will be able to reach them.
10. If you are not recovering at home, it is very important that we have the number where you will be after your procedure.