

# LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

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## **Pre-Operative Instructions Checklist**

1. ↑ No eating or drinking after midnight before day of surgery
2. ↑ Have prescriptions filled and available post-op. Also an over-the-counter stool softener is recommended
3. ↑ No Smoking
4. ↑ NO: Aspirin, Vitamin-E, or Alcohol for 2 weeks prior to surgery. No Motrin, Advil, Aleve, or any non-steroidal anti-inflammatories. TYLENOL is OK.
5. ↑ Leave all valuables and jewelry at home
6. ↑ Wear comfortable, non-restrictive clothing. Nothing tight.
7. ↑ Post-Op instructions reviewed before surgery.
8. ↑ Consent forms signed ↑ Will sign on day of surgery
9. ↑ Obtained medical clearance ↑ Yes ↑ No
10. ↑ H & H            ↑ EKG            ↑ Mammography            Other \_\_\_\_\_
11. ↑ Primary care physician \_\_\_\_\_  
    ↑ Telephone # \_\_\_\_\_
12. ↑ Please arrange for a responsible adult to provide transportation the day of surgery.
13. ↑ Please arrange for a responsible adult to care for you the night following surgery.