

PRE-SURGICAL INSTRUCTIONS AND REMINDERS

We would like to make this experience as smooth as possible for you. Therefore, this is a friendly reminder about some important instructions before and after surgery. Please contact us with any questions.

BEFORE SURGERY:

1. Be sure to pick up your Rx before surgery and have it available the day of surgery.
2. Reduce sodium 2 weeks before surgery and do not take any blood thinning medications.
3. DO NOT EAT OR DRINK ANYTHING after _____ PM / AM the night before / the day of your surgery.
4. Please refrain from caffeine 48 hours before surgery.
5. Wash your face with anti-bacterial soap (see your "Shopping List" for suggestions) the morning of surgery. Do not apply anything to your face after washing.
6. Wash your hair the morning of surgery. Do not apply hair products after shampoo / conditioner. (ie: gel, spray, mousse, etc)
7. Wear a top that buttons up or zips, to avoid anything going over the head (nothing fancy, you may get blood on it after surgery)
8. Wear bottoms / pants that are casual, comfy, and not tight (no skinny jeans, yoga pants, or leggings)....sweats or PJ's are fine
9. Shoes must have a back on them....tennis shoes are great. No tall Ugg boots, flip flops, or slip-ons
10. Stay well hydrated, and drink plenty of water the night before surgery.
11. Typically, the anesthesiologist and a nurse from the surgery center will contact you. In the rare event that they cannot reach you, you can contact the surgery center directly.
 - The San Francisco Surgery Center – 415-393-9600
 - The Greenbrae Surgery Center - 415 – 925- 8900

DAY OF SURGERY:

1. Please arrive 1.5 hours for SFSC **or** 1 hour for GBSC before your scheduled surgery time.
2. Your anesthesia and facility fees are due prior to your surgery. Please bring a cashier's check for the exact amount or you can pay with a major credit card. (see below)
3. Methods of Payment for Surgery Centers:
 - The San Francisco Surgery Center – Cash EXACT Amount, Cashier's Check EXACT Amount, Visa, and MasterCard.
 - The Greenbrae Surgery Center - EXACT Cash, Cashier's Check, Visa, Mastercard, American Express, Discover
4. Remember, it is possible that OR time for your case may go over the proposed amount. In that case, overage charges for both the facility and anesthesiologist will be charged.
5. If you wear Contacts / Glasses – bring a case & solution with you.
6. If you use an inhaler (either regularly or rescue only) – Please bring it with you to the surgery center.
7. When travelling significant distance home from the surgery center, you may want to pack: pillow, water, crackers, hat (no glasses), nausea bag / bin. Also mention this to the intake Nurse AND Anesthesiologist for anti-nausea medications.
8. You can arrive at the surgery center by any method you prefer. **However, you cannot take a cab home or to your hotel after surgery.** You must have a family member or friend transport you. If you do not have anyone to transport you after surgery, we can assist you with recommendations for a medical transport service to take you to your home or to your hotel after surgery.
9. You must have a family member or friend with you for 24 hours after surgery. If you need a resource for aftercare help, please let us know well in advance of your surgery date.

AFTER SURGERY:

1. The prescribed full course of ANTIBIOTICS MUST BE COMPLETED. Failure to finish your prescribed antibiotics may result in an infection, and could negatively affect your surgery results.
2. Icing only AROUND the nasal area for Rhinoplasty (do not put ANYTHING on top of your cast / nose for 6 weeks after surgery. The first 10 days are the only days icing helps.
3. NO glasses or sunglasses for 4-6 weeks after Rhinoplasty surgery. You must tape them to your forehead if you need to utilize them (check the internet for utube video instructions).
4. No exercising for 3 weeks after surgery. You may exercise on the 22nd day after your surgery dates.
5. No plane rides for 7 – 10 days after your surgery date.