

Pre-Operative Instructions

Two weeks before surgery:

- Confirm surgery with our office and make payment.
- Arrive at the office for your scheduled preoperative exam.
- Arrange for someone to drive you to and from the office on the day of surgery. If no one is available, contact the office to obtain the names and telephone numbers of the agencies providing this type of service.
- Be sure that your ride knows what time to pick you up after surgery, or has a telephone number where he or she can be reached the day of surgery.
- You may be seeing Dr. Magilke the day after surgery, so make arrangements for transportation to and from the office. You will not be able to drive for 1 week following surgery, so please arrange transportation for all post-operative visits during that time.
- Arrange for accommodations if you live outside the Portland area. If you need assistance, please call our office.
- Stop smoking at least 2 weeks before surgery.
- Do not take aspirin or aspirin compounds (see attached list) beginning now until one week after your surgery. These medications may cause excessive bleeding. You may take Tylenol as a pain reliever if needed. Also stop all supplements not prescribed by a physician.
- If you have any illness within 10 days of surgery, please call the office.
- Begin taking Arnica Montana (homeopathic medicine used to prevent bruising) 2 days before surgery.
- Avoid sunburn from now until your surgery.

The day before surgery:

- Confirm the time of your surgery with our office.
- Relax and eat well.
- Do not consume large amounts of alcohol, however one or two drinks the night before would not be a problem.
- Do not take any medications unless cleared by our office.
- Wash your face and hair the night before and the morning of surgery with a mild soap and shampoo. Do not use any other products in your hair.
- Do not eat or drink anything 6-8 hours before surgery. You may take routine prescribed heart and blood pressure medications with a small (1 ounce) sip of water the morning of surgery. You may brush your teeth.

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The day of surgery:

- Do not wear any moisturizer, makeup, cologne or dark colored nail polish.
- Wear a buttoned down shirt, pants, and flat, slip-on shoes. Do not wear any pantyhose, pullover tops, or contact lenses. You may wish to bring a large scarf if having a facelift. For eyelid surgeries, you may wish to bring sunglasses.
- Leave all valuables at home, including jewelry and handbags.
- Please arrive on time.
- Provide the office with the telephone number where you can be reached the evening of your surgery.
- The person caring for you will be instructed on your post-surgical care when arriving to pick you up.
- Your post-operative prescriptions should be filled prior to surgery. If you are going to a post-operative care facility, or spending the night in the hospital, please bring a change of clothes for one or two days, pajamas and slippers, toothpaste, toothbrush, your medications, etc.

Having surgery in the office should be a relaxed and rewarding experience. Procedures are performed safely and routinely in the office setting with minimal discomfort. To ensure that your experience is as pleasant as possible, please follow these instructions. With adequate planning and preparation, you will be on your way to a successful result.

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The following is a partial list of some of the medications/supplements that are known to thin the blood and increase the risk of bleeding during or after surgery. Please be aware that many "over the counter" pain or allergy combinations that are not listed below may include one or more of the following medications and should also be avoided.

Ideally, you should stop taking the following medications 2 weeks prior to your surgical procedure. Please consult with Dr. Magilke or his assistant if you have any questions or if you have been unable to discontinue the use of one or more of these medications.

Remember that Tylenol (acetaminophen) does not thin the blood and is safe to take in that respect.

Medications		Supplements	
Aspirin	Ketoprofen	Bilberry	Ginseng
Advil	Lortab ASA Tabs	Cayenne	Valerian Root
Alka-Seltzer	Midol	Kava Kava	Feverfew
Anacin	Motrin	Echinacea	Melatonin
Darvon	Naproxen	Fish Oil Caps	Ma Huang
Dristan	Norgesic	Garlic	Vitamin E
Ecotrin	Percodan	Ginger	St. Johns Wort
Excedrin	Robaxisal	Ginkgo Biloba	
Feldene	Aleve		
Ibuprofen	Triaminicin		

You must obtain your doctor's permission to change or stop any medications you are on. This list is only for the use of patients who have had a consultation and appropriate medical advice.