



# COASTAL PLASTIC SURGERY

## PRE-SURGERY INSTRUCTIONS

### Unanswered questions:

- After your consultation, if you still have questions regarding the procedure, the expected results, the recovery, the potential risks or the booking process please contact us so we can provide clarification. You can call the office or contact us by email at
  - [admin@coastalplasticsurgery.ca](mailto:admin@coastalplasticsurgery.ca)
  - [nurse@coastalplasticsurgery.ca](mailto:nurse@coastalplasticsurgery.ca)
- Additional information is also available on [www.drreidplasticsurgery.ca](http://www.drreidplasticsurgery.ca) in the 'Surgery' and 'Resource' sections of the website.

### Scheduling Surgery:

- Please call Dr. Reid's assistant to discuss available dates.
- To secure a date at the Cambie Surgical Centre, a deposit is required. This can be done over the phone with a credit card.
- Please make your final payment at least 3 weeks prior to surgery.
- Your payment can be made by any of the following methods:
  - Cashiers cheque, money order, bank draft, certified personal cheque
  - Debit or cash

### Prior to surgery:

- The following forms will need to be signed, initialed or filled out
  - Consent for Photography
  - Informed Consent
  - Information on Revisions
  - Cambie Surgery Centre forms
- Any necessary bloodwork or investigations should be completed at least 3 weeks prior to surgery.
- You should receive the following items from the office so you will have them on hand during your recovery:
  - Prescriptions (fill your prescription before the day of surgery)
  - Post-surgical garments such as bras and vests
  - Strataderm Silicone Scar Gel (if indicated)

### Optimizing results:

- **For 2 weeks before surgery**, you should not take any medication containing **Aspirin**, since these products affect the blood's clotting mechanism and therefore may lead to excessive bleeding during and after surgery. Taking high doses of **vitamin E** preparations and eating large amounts of **garlic** can also produce the same result and should be avoided. If pain medication is necessary, we recommend that you take acetaminophen (Tylenol).

- If you have **high blood pressure**, make sure that it is being adequately treated. Uncontrolled hypertension increases the risk of bleeding during and after surgery. Remember to take your blood pressure medications on the morning of surgery with a sip of water.
- It is in your best interest to **quit smoking**, for at least 4 weeks before and 2 weeks after surgery. It is well known that smoking causes narrowing of the blood vessels, which leads to a decrease in blood supply to the skin, thus slowing the healing process.
- If you are a post-bariatric or weight loss patient, supplementing your diet with **extra protein** for 4 weeks before and 4 weeks after surgery will help to reduce the risk of wound healing complications. The recommended daily amount is 80mg of protein. A low calorie, whey-isolate protein powder is a good option.