



THOMAS TREY SANDS, M.D.
PLASTIC AND RECONSTRUCTIVE SURGERY
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PREPARING FOR SURGERY

STARTING NOW

- Stop Smoking:** Stop smoking at least two weeks prior and two weeks after surgery. Smoking reduces circulation to the skin and impedes healing.
- Take Multivitamins:** Start taking multivitamins twice daily to improve your general health once you have scheduled your surgery.
- Take Vitamin C:** Start taking 500 mg of Vitamin C with rose hips twice daily to promote healing.
- Do Not Take Aspirin or Ibuprofen:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- Limit Vitamin E:** Limit your intake of Vitamin E to less than 400 mg per day three weeks prior to the day of surgery and one week after. It may cause increased bleeding and bruising.
- Fill Your Prescriptions:** You will be given prescriptions for medications. Please have them filled **BEFORE** the day of surgery.

THE DAY BEFORE SURGERY

- Confirm Surgery Time:** Please call if you have any questions and to confirm the time of your surgery. You will be contacted prior to surgery by the facility or hospital where your procedure will be performed.
- Prescriptions:** Make sure that you have filled the prescriptions you were given.
- Cleansing:** The night before surgery, shower, shampoo hair and wash the surgical areas with Dial soap.
- Eating and Drinking:** Do not eat or drink anything after 12:00 midnight. This includes water.

THE MORNING OF SURGERY

- Special Information: Do not eat or drink anything! If you take a daily medication, you may take it with a sip of water in the early morning.
- Oral Hygiene: You may brush your teeth but do not swallow the water.
- Cleansing: Shower and wash the surgical areas again with Dial soap.
- Make-up: Please do not wear moisturizers, creams, lotions, makeup, or nail polish.
- Clothing: Wear only comfortable, loose-fitting clothing that does not go over your head and slippers. Do not wear jeans or tight fitting pants. Do not wear tennis shoes. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.