



Asleep Pre-Operative Instructions

*No food or drink after midnight (including gum). If your surgery is scheduled later in the day, you may have clear liquids up to 4 hours prior to surgery.

*NO SMOKING!

*Take one antibiotic capsule the night before surgery.

*Stop taking the following 1 week before surgery: Aspirin, NSAIDs (Ibuprofen, Aleve), fish oil, Vitamin E, and herbal supplements.

*If you are taking weight-loss medications such as Semaglutide or Tirzepatide, they must be discontinued 2 weeks prior to surgery.

*Bring loose-fitting clothing, preferably a gown or zip-up dress that you do not mind getting dirty or discarding afterward. Bring socks and slip-on shoes.

*Remove all jewelry and leave all valuables at home. Le Spa Plastic Surgery and its staff are not responsible for any lost, stolen, or damaged personal belongings brought to the facility.

*Pick up your prescriptions at least 3 days prior to surgery and bring them with you to the surgery center on the day of surgery.

*You must arrange for a responsible adult to pick you up from the surgery center. A caregiver must also remain with you for the first 24 hours following surgery. This is required by Florida law.

*Please shower the morning of your surgery using regular soap and water, then cleanse your skin with the Hibiclens provided at your pre-operative appointment. If you wish to shave, we recommend doing so the night before surgery, not on the day of surgery. This recommendation helps reduce the risk of infection from small nicks in the skin.

*Hydration with electrolytes after surgery is very important. Please purchase coconut water, Prime, Gatorade, or a similar electrolyte-replacement beverage to help replace fluids and electrolytes lost during surgery. This is especially important for liposuction patients. When in doubt, hydrate more after surgery.

*Please purchase a laxative and stool softener to help prevent constipation that may occur following the use of narcotic pain medications.

***Please note that you will be drug tested prior to your procedure. If your drug test result is positive, your procedure will be canceled and will need to be rescheduled.**