



Awake Pre-Operative Instructions

*Eat a light meal 1–2 hours before you arrive.

*Take one antibiotic capsule the night before surgery.

*Do not consume caffeine on the day of your scheduled surgery.

*Stop taking the following 1 week before surgery: aspirin, NSAIDs (ibuprofen/Aleve), fish oil, vitamin E.

*Bring loose clothing, preferably a gown or zip-up dress that you do not mind getting dirty or discarding after surgery. Also 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 before surgery and bring them with you to the surgery center on the day of your procedure.

*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 on the morning of your surgery using your normal soap and water. Then cleanse your skin with the Hibiclens soap 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 helps reduce the risk of infection from small nicks in the skin.

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

*Please purchase laxatives and stool softeners to help prevent constipation that may occur with the use of narcotic pain medications.

*If you are having liposuction, we recommend purchasing Chux pads to absorb postoperative fluid drainage.

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