



Low Plastic Surgery (LPS)
IN-OFFICE - Pre-Operative Instructions for Dr. Lowe
(Please read prior to surgery)

Location: *PSDA In-Office*

Surgery Date: ___/___/___ **Surgery Arrival Time:** ____:____ *am / pm*____
Follow-up Appointment: ___/___/___ **Appointment Time:** ____:____ *am / pm*
___ **Call PSDA for Date & Time Later (405) 942-4300**

Alerts and Medications:

1. You should not smoke or use any nicotine products 4-6 weeks before and after all elective procedures unless specifically allowed by Dr. Lowe.
2. If you take anticoagulants such as Aspirin, Warfarin, Coumadin, Plavix, Heparin, Ticlid or Lovenox, your prescribing physician must be consulted before discontinuing any critical medications 5-7 days prior to scheduling surgery. Dr Lowe may not require you to stop these medications.
3. STOP all Herbal Medications, Vitamin E, Diet Pills, and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn, Naproxen, or others 2 days prior to surgery. Stop any Accutane use 1 year prior to any elective procedures.
4. You MAY TAKE any scheduled HEART MEDICATIONS or other BLOOD PRESSURE MEDICATIONS the morning of surgery, unless otherwise indicated by your doctor.
5. You MAY USE PRESCRIBED INHALERS AND you MUST BRING THEM WITH YOU the day of surgery. Bring breathing devices such as CPAP machines to facility.
6. If you have further questions regarding your medications call your primary care physician. **Resume your medications after surgery unless otherwise instructed.**

Skin Preparation:

BEFORE surgery, your body must be thoroughly cleaned with soap to decrease the amount of germs on the skin. Antibacterial soap may be used for this purpose. Using this soap will help reduce the chance of getting a wound infection. Avoid sun one month prior to surgery.

Follow these instructions for proper skin preparation:

DO NOT shave or wax the day of surgery. This can cause small abrasions or nicks in the skin, which allows germs to enter. If you want to shave, it must be done the night before surgery. DO NOT use any creams, lotions, powders or underarm deodorant in the area where your surgery will take place. These items interfere with the solution used to prepare your skin in the operating room.

In-office or Minor Procedures:

1. Limit eating or drinking for 2 hours before your in-office procedure under local anesthetic. This includes candy, mints, coffee, water, gum and cigarettes.
2. Plan to arrive at 2520 NW Expressway, 15 minutes prior to your surgery time as told by your doctor. Handicap parking is available on the East side of our office.
3. If you are undergoing in-office sedation or medication with pain medicine, it is REQUIRED that you have a responsible person provide you with transportation after surgery, and must be able to stay with you 24 hours following surgery.
4. Our office will usually remind you several days before your procedure. If you are unclear of the exact time or the schedule has changed contact our office in advance to confirm. Please call (405) 942-4300 if you have any further questions or concerns.

Additional Instructions:

1. Dr. Lowe may provide you with medications in advance of surgery, these are intended to be used after surgery in most cases. He may prescribe a sedative which should be taken on arrival as instructed. **Please, pick up your prescriptions within several days of being provided to avoid expiration, particularly with controlled medications.**
2. DO NOT wear any jewelry, body piercing, make-up, nail polish, hair clips, metal hair extensions, or contact lenses the day of surgery. Bring your contact lens case and cleaning solution to the hospital if you wear contacts. DO NOT bring any valuables with you to clinic the day of your procedure if possible.
3. It is recommended that you wear loose, comfortable clothing to the facility the day of surgery. Wear something that is loose enough to fit over the operated site that may have a bandage over it. Your clothing may get soiled during the procedure.
4. If you are having sedation or pain medication by mouth or intravenously, it is REQUIRED that you have a responsible person provide you with transportation after surgery, and it is recommended that someone stay with you 24 hours following surgery.

Revised 1/1/14