



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

**Location:** *Associates / Integris / ESEC / Other:* \_\_\_\_\_

**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 must not smoke or use any nicotine products 6-8 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.
3. STOP all Herbal Medications, Vitamin E, Diet Pills, and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn, Naproxen, or others 7 days prior to surgery. Stop any Accutane use 1 year prior to any elective procedures. Topical dermatologic agents should be discontinued prior to surgery as instructed by your dermatologist. For further medication restrictions ask our office for an Herbal Alert Sheet.
4. STOP all Cholesterol lowering medications, Lipitor, Zocor, Pravachol, or others 48 HOURS PRIOR to surgery when general anesthetic is planned.
5. TAKE any scheduled HEART MEDICATIONS or other BLOOD PRESSURE MEDICATIONS the morning of surgery with a sip of water, unless otherwise indicated by your doctor. Avoid ace inhibitors the morning of surgery: BENAZEPRIL, CAPTOPRIL, ALAPRIL, QUINAPRIL, LISINOPRIL, or others.
6. 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.
7. If you are Diabetic, DO NOT TAKE ANY DIABETIC PILLS OR INSULIN the morning of surgery.
8. If pain medication is needed prior to surgery, Tylenol CAN BE USED as necessary unless your doctor has arranged other pre-medication regimens.
9. 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 or Dove soap may be used for this purpose. Using this soap helps reduce the chance of 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.

### **The evening or morning before surgery:**

Take a shower and wash your entire body with soap and in some cases a special soap will be provided. Work the soap up into lather. Wash you body, especially the surgical area, with a clean, fresh washcloth. Rinse thoroughly because soap can leave a film, which may interfere with antiseptics used to clean the skin in the operating room. Dry your body with a clean, fresh towel. Wear clean, fresh pajamas to bed, or clean, fresh clothes to the facility.

### **Hospital or Major Procedures:**

1. DO NOT eat or drink anything after midnight the day before surgery, or the morning of surgery (except for certain morning medications with sips of water). This includes candy, mints, coffee, water, gum and cigarettes.
2. Plan to arrive at the hospital or facility (ask our office for location and time if unsure) approximately 1.0 or 2 hours prior to your surgery start time. This is your **"Surgery Arrival Time"** designated on the front and top left of the previous page. Our office will contact you to confirm in most cases or if the time or date of your surgery changes. All patients discharged the day of surgery are **REQUIRED** to have a responsible person provide transportation home and stay with them 24 hours following surgery.
3. ALL patients for ALL hospital surgeries **REQUIRE** pre-testing unless otherwise told by your surgeon. Additional pre-testing information should have been given to you. **Pre-testing is best performed 2-3 weeks prior to surgery to allow time to address any problems and to avoid surgical cancellations.**
4. **If you have not heard from our office the day prior to the surgery, call us to ensure that no changes have been made to the schedule.** Our office will usually contact you before surgery. If you are unclear of the exact time and location of your procedure contact our office in advance. Please call (405) 942-4300 if you have any further questions or concerns.

**Additional Instructions:**

1. If you are scheduled to have intravenous or intramuscular sedation or general anesthetic under the care of an anesthesiologist or anesthesiologist then you are having a Hospital or Major procedure. These procedures can be done in our accredited surgical facility located in proximity to our office, but it is no longer considered minor.
2. Dr. Lowe usually provides your post-operative medications in advance of surgery; these are intended to be used only after surgery unless told otherwise. **Please, pick up your prescriptions within several days of being provided to avoid expiration, particularly with controlled medications.**
3. 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 the facility the day of your procedure.
4. 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, especially if you are going home the same day.
5. If you are having OUTPATIENT OR SAME DAY SURGERY, it is REQUIRED that you have a responsible person provide transportation after surgery, and stay with you 24 hours following surgery. You cannot take the bus or a taxicab home alone.
6. If you are staying overnight after surgery, you will be transported to your room after a short stay in the recovery room.

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