



## **SPECIAL INSTRUCTIONS FOR AMBULATORY SURGERY**

1. It is essential that someone be available to drive or accompany you home and spend the rest of the day and night of surgery with you. This person does not need to have any nursing experience, just an interest in your welfare. While you spend the day at rest, your helper will fix food for your lunch and dinner, assist in applying cold compresses to your face, walk you to the bathroom, and just be near if you require anything.
2. Do not eat or drink anything after midnight if you are scheduled for morning surgery. If your surgery is scheduled for the afternoon, you may have solid food eight (8) hours prior to your procedure time and clear liquids (clear broth, water, decaf coffee/tea) up to four (4) hours prior to the procedure time.
3. Please arrive at your scheduled time. If you are delayed, please call the surgery center. Surgical days are structured carefully, with a set amount of time set aside for your surgery and for those that follow.
4. Do not wear makeup, lotions, or jewelry/watches to surgery. Do not wear perfume or cologne. It is best to have your hair washed and free of any styling products. Hair coloring may be done up to seven (7) days before your procedure and should be avoided for six (6) weeks after facelift surgery.
5. Wear loose-fitting, comfortable clothing that does not require being pulled over your head (avoid T-shirts, sweatshirts, etc.). **Zip-up or button-up shirts** are recommended.
6. If you are having facelift surgery, bring a scarf that is large enough to cover the puffy bandages that surround your cheeks, ears, and face and sunglasses that are wide enough to accommodate the 1–2-inch thickness of the facial bandage. Sunglasses are also recommended after eyelid surgery. If you are having overnight care, please bring ALL medications and skin-care products with you to the surgery center.
7. You will be given a prescription sheet at your pre-operative appointment. We suggest also having Extra Strength Tylenol available at home. It is probably sufficient for most discomfort.
8. You may be required to obtain medical clearance prior to surgery. Please remember to complete any pre-operative assessment with the surgery center prior to your surgery date.