



**Midtown 404-686-8143**  
**Emory Aesthetic Center 404-778-6880**

## **Pre-Operative Instructions**

### **Medication Management Before Surgery**

- 7 days before surgery, please stop taking the following medications: NSAIDs (such as Ibuprofen, Motrin, Advil, Aleve, Naproxen), Aspirin and Aspirin-containing medications, cold medications that contain Aspirin or NSAIDs. See attached list for common medications that contain NSAIDs.
- 7 days before surgery, please stop taking multivitamins and any over the counter herbal or vitamin supplements. These can increase your risk of bleeding during and after surgery.
- Please notify your surgeon's office if you currently take blood thinning medications (such as Eliquis, Xarelto, Warfarin (Coumadin), Plavix, Lovenox, Aspirin). You and the surgeon (along with the doctor that prescribed this medication) will make a plan for stopping and resuming these medications around the time of surgery. Do not stop this medication without making this plan first.
- For female patients only: Please stop estrogen-containing oral contraceptives (birth control pills), estrogen patches, and estrogen hormone replacement 7 days before surgery. You may resume these medications 7 days after surgery. Please make sure to use a backup method of birth control (such as condoms) to avoid pregnancy while off birth control. Patient who take hormones for gender affirmation do not need to stop hormones before surgery. Talk to your surgeon with any questions or concerns.
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery.
- Patients who are on hormones for gender affirmation do not need to stop hormones for surgery.

### **Diet and Lifestyle Management Before Surgery**

- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water.
- Do not drink alcohol for at least 48 hours prior to surgery.
- For at least 6 weeks prior to surgery, do not smoke (or use tobacco or nicotine products), as smoking delays healing and increases the risk of complications. This includes the use of nicotine patches, gum, vaping and e-cigarettes. Your surgeon may order nicotine testing prior to surgery.
- Please do not shave or wax the area on which surgery is to be performed within 7 days of surgery.
- On the day of surgery, please shower and wash the surgical area with your usual soap and water. Do not apply any lotion, perfume, cologne, or deodorant. Do not use new soaps.
- Please do not wear jewelry on the day of surgery.

**Call the Surgeon's Office if...**

- You have any questions prior to the date of surgery. **404-686-8143 or 404-778-6880**
- Please call 911 or go to the closest Emergency Department for any life threatening emergencies. Do not use the patient portal for urgent or emergent questions.

**LIST OF NON-STEROIDAL ANTI-INFLAMMATORY (NSAID) DRUGS:**  
**STOP TAKING 7 DAYS BEFORE SURGERY\***

- Aspirin (Ascriptin, Aspirin, Bayer, Buffasal, Bufferin, Durlaza, Ecotrin, Excedrin, Halfprin, St Joseph, Goody Powder)
- Celecoxib (Celebrex)
- Choline magnesium trisalicylate
- Diclofenac (Cambia, Voltaren, Zipsor, Zorvolex, Lofena, Dyloject)
- Diflunisal (Dolobid)
- Etodolac (Lodine)
- Fenoprofen (Nalfon, ProFeno, Fenortho)
- Flurbiprofen (Ansaid)
- Ibuprofen (Addaprin, Advil, Advil Migraine, Caldolor, Motrin, Motrin Migraine Pain, Duexis, Dyspel, EnovaRX, Genpril, Ibu-Tab, IBU, NeoProfen, Nuprin, Proprinal, Q-Profen, Midol, Haltran, A-G Profen)
- Indomethacin (Indocin, Tivorbex)
- Ketoprofen (Orudis, Oruvail)
- Ketorolac (Arthrotec, Cataflam, Torodol, Sprix)
- Mefenamic acid (Ponstel)
- Meloxicam (Mobic, Vivlodex, Qmiiz, Anjeso)
- Nabumetone (Relafen)
- Naproxen (Aleve, All Day Relief, All Day Pain Relief, Anaprox, Naprosyn, EnovaRX, Equipto, Flanax, Mediproxen, Midol Extended Relief, Naprelan, Naproderm, Vimovo, Prevacid NapraPAC, Aflaxen)
- Oxaprozin (Daypro, Coxanto)
- Piroxicam (Feldene)
- Salsalate
- Sulindac (Clinoril)
- Tolmetin (Tolectin)

\*Please note that acetaminophen (Tylenol, Paracetamol) is not on this list. Acetaminophen is an analgesic (pain reliever) and antipyretic (fever reducer). It is in a different class of medications and does not increase risk of bleeding. You may take this medication before surgery if needed.

There may be other NSAID medications not on this list, please check with your surgeon if you have questions.

