



## THE FEW INSTITUTE

For AESTHETIC PLASTIC SURGERY

### PRE-SURGERY INSTRUCTIONS: LOWER BODY LIFT

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your surgery may have to be postponed or delayed, at the judgment of Julius Few, MD. This is essential to your health and safety.

There may be several weeks between your decision to have surgery and your actual surgical date. During this time, there are several important considerations:

**Stop smoking:** Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 6 weeks prior to surgery and 6 weeks after surgery. You must also be free of any nicotine patch or nicotine-based products for a minimum of 6 weeks prior to surgery.

**Please refrain** from consuming alcoholic beverages 72 hours prior to your procedure.

**Lead a healthy lifestyle:** In the weeks prior to surgery maintain the best of health and hygiene. A lingering cold, virus, or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health.

**Prepare and plan:** Make certain a responsible adult at least 18 years of age is confirmed to drive you to and from surgery, and that someone is confirmed available to stay with you around the clock for at least 24 hours following surgery.

**Pre-operative testing:** Make certain to schedule all of the pre-operative testing and clearance you may have been given. Make certain all test results are received by Dr Few at least two weeks prior to your scheduled surgery date.

**STOP taking the following 10 days before your surgery. Taking any of the following can increase your risk of bleeding and other complications:**

- Aspirin and medications containing aspirin
- Ibuprofen and anti-inflammatory agents (Including Motrin, Advil, Midol)
- Vitamin E, St. John's Wort, Garlic Supplements Green Tea or green tea extracts
- Estrogen supplements, Birth control (some estrogen supplements and birth control may increase your risk of developing blood clots post surgery please check with your prescribing physician for proper pre surgery medication instructions)

- Tylenol is OK to take as needed for pain

**For procedures performed at the surgery center expect a pre-anesthesia call from the surgery center to review your state of health and anesthesia 24-48 hours prior to your procedure.**

**Shower** normally the morning of your procedure, but do not use any scented skin creams, moisturizers, deodorant, hair spray, perfume or cosmetics. Remove all finger nail and toe nail polish, other than transparent.

**For procedures at the surgery center do not eat or drink anything after 12 midnight the night before surgery.** Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum, and mints.

**For procedures performed at The Few Institute fasting is not required.**

**Additional Instructions:**

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