

Day of Surgery Instructions

Please shower before surgery and thoroughly wash the area of your body that will be operated on with soap and water.

Please do not:

- Wear cosmetics, make-up, nail polish, contact lenses, jewelry/body piercings
- Use any scented products
- Bring valuables with you
- Smoke 24hrs prior to surgery
- Eat anything after midnight before surgery

Do:

- Bring your Health Card
- Bring any medications you are on in their original containers or the blister pack of medications from your Pharmacy.
- Bring any patient instruction handouts from previous appointments
- After midnight the night of your surgery please drink clear fluids only
 - o Drink one cup of clear fluid (250 mLs or 8oz) of apple juice or water or ginger-ale, 2-3 hours before you leave to come to the clinic. Drinking a clear fluid has been shown to improve a patient's recovery.

NOTE: If you develop a cold or any other illness, please notify Dr. Ian MacArthur or New Age Medical Aesthetics before your operation.