

General Pre-Operative Recommendations

- ↳ No Caffeine one week prior to surgery. (Caffeine breaks down capillary walls and encourages bleeding.)
- ↳ Avoid drinking alcoholic beverages for one week prior to surgery and until recovery is complete. Do not take narcotic pain medications with alcohol.
- ↳ Stop smoking at least four weeks prior to surgery. This includes being around people that smoke any type of nicotine products.
- ↳ Two weeks prior to surgery take the following products that can be purchased at most health food stores:
 - Bromelain, 3 x a day (a chemical found in pineapple juice). This will reduce swelling. Take 1 capsule between meals or as directed by the manufacturer. (Buy the highest strength available. Follow manufacturer's recommendations for dosing).
 - Arnica Montaña. This will reduce bruising. Take as directed by the manufacturer. (Buy the highest strength available. Follow manufacturer's recommendations for dosing).
- ↳ Stop any medication such as Advil, Motrin, Ibuprofen, or high doses of Vitamin E two weeks prior to surgery. These encourage bleeding and increase bruising. Ok to take Tylenol.
- ↳ Do not take any vitamins or supplements two weeks prior to surgery without mentioning these to Dr. Admire. Generally multivitamins, Vitamin C and Zinc are recommended and safe to take.
- ↳ The morning of surgery, you may take any required medications with small sips of water.
- ↳ Do not shave surgery site within 48 hours of procedure.
- ↳ Nothing by mouth after midnight the night before surgery.