



PREOPERATIVE INSTRUCTIONS

(only take into account the boxes that are checked)

Name :

Date of surgery : _____

Date of Birth : _____

On _____ (between 8:15am and noon), **you must contact us** at (819) 822-0442 or 1 (866) 822-0442 to know your arrival time on the day of your surgery (there is a waiting period between your arrival at the clinic and the start of your surgery).

Arrival time : _____

You must fast starting at midnight the day of your surgery (no eating, drinking, or smoking). **Even water is NOT permitted.**

Specifications : _____

Please take 2 Tylenol with a small sip of water 1 hour before your arrival at the clinic.

Time taken : _____

☐ Do a blood test on the : _____.

☐ Patient advised to take a COVID-19 test ____ days pre-op, date : _____.

☐ Continue to take your normal medications as prescribed.

☐ **Two weeks before the surgery, you should avoid** all medications containing aspirin, natural products/supplements, and anti-inflammatory medications such as naproxen, ibuprofen (Advil, Motrin) etc.

☐ **Two weeks before the surgery, you must stop :**

_____ restart on _____

_____ restart on _____

_____ restart on _____

☐ **The day of your surgery, do not take :**

☐ Start to take Valtrex and Duricef as prescribed two days before the your surgery _____

*** If you use an inhaler(s) for asthma or any other respiratory problem,
please bring them with you on the day of your surgery ***

☐ You must buy a pregnancy test at your pharmacy and take it **at home** on the morning of your surgery.

☐ You must stop smoking or using nicotine patches _____ before your surgery.

☐ You must take a first shower the night before your surgery and a second shower the day of your surgery (as close as possible to your arrival time at the clinic) using Chlorhexadine as a body wash. You can use your regular shampoo.

☐ Pay special attention to cleaning your belly button, armpits, and groin region.

☐ You may shave the operative site up to one week before your surgery.

☐ Please bring your medications with you on the day of your surgery.

- ☐ You should brush your teeth even though you are fasting.
- ☐ The day of your surgery, DO NOT wear any makeup, jewelry, piercings, perfumes, moisturizing creams/lotions, deodorant, contact lenses, tampon, nail polish, or artificial nails.
- ☐ Color your hair (if applicable) in the week preceding your operation
- ☐ Plan to wear clothing and shoes that are comfortable and easy to remove. (if you are having liposuction, plan to protect the car seats, bedding sofa, etc. after surgery)

You should plan for a recovery period of :

- ☐ several days to 1 week;
- ☐ 2 to 3 weeks;
- ☐ 4 to 6 weeks.

*** Your recovery could be prolonged as your condition evolves ***

We suggest an overnight stay at an inpatient rehabilitation facility if you live further than two hours away from the clinic. In this case you must make a reservation directly with the facility in advance, and we suggest arranging to check in and leave any belongings at the facility before arriving at the clinic. References are available upon request.

When you arrive at the clinic, we will provide the necessary clothing for your surgery (robe, dressing gown, socks, underwear, etc.) as well as a key to your personal locker where you can place any personal items.

Please bring the minimum of personal effects with you. Please note that we are not responsible for any lost objects during your stay at the clinic.

The duration of your time in the recovery room varies depending on your procedure. Plan for:

- 3 to 4 hours for general anesthesia;
- 1 to 4 hours for sedation;
- 0 to 1 hour or according to your surgeon's advice for local anesthesia

*** The length of your stay may be increased according to the evaluation of your condition ***

You must plan for someone to accompany you on your return home. Please note that this person cannot be present at your bedside.

In the 24 hours following your surgery, you must be accompanied by a responsible adult.

You should refrain from driving a car or making important legal decisions while you are taking narcotic medications (Dilaudid, Demerol, Statex, etc).

Please refer to your quote for the accepted payment methods at the clinic.

If you are unable to be present for your surgery as planned, please contact the clinic as soon as possible at (819) 822-0442, 1 (866) 822-0442 or the nurse on call at (819) 238-5114.

Please also review the post-operative instructions the day before your surgery.
