



KONSTANTIN vasyukevich <sup>m.D.</sup>

*facial PLASTIC & RECONSTRUCTIVE SURGEON*

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### pre-operative checkList

- ASPIRIN** Stop using aspirin and other blood thinners 10 days before the surgery
- SUPPLEMENTS** Stop using supplements and vitamins that can increase bruising (see list)
- ALCOHOL/SMOKING** Avoid smoking or alcohol consumption 2 weeks prior to the procedure
- PRESCRIPTIONS** Fill out the prescriptions for pain medication and antibiotics
- ARNICA** Start using Arnica Montana 1 day prior to the procedure
- DRIVER** Arrange for a driver or other mode of transportation to get home
- CLOTHES** Wear comfortable inexpensive clothes on the day of the procedure
- SCARF & GLASSES** Many people prefer to wear scarf over their bandages (hoodie for men)
- EXTRA PILLOW** Most procedures require you sleeping with an extra pillow to reduce swelling
- BABY SHAMPOO** Use baby shampoo to wash your hair for 5-7 days after the surgery (facelift)
- FOOD** Have enough food in the fridge to last you for at least 2-3 days
- PROBIOTICS/YOGURT** Will help counteract the effects of antibiotics on your stomach
- COLD PACKS** We advise to use cool (fridge) rather than cold (freezer) packs
- BANDAGES/GAUZE**  
**BACITRACIN OINTMENT** We will provide you with these items