

KUY PLASTIC SURGERY

PRE-OPERATIVE INSTRUCTIONS

Surgeon: Dr. Daniel Kuy

Date of Surgery: _____

Arrival Time: _____

Surgery Start Time: _____

Surgery Location: Kuy Plastic Surgery, Ohio Office: 3825 Edwards Rd, #550, Cincinnati, Ohio 45209 **844.794.7763**

The following pre-operative instructions are given for your benefit. It is necessary that you follow these instructions closely in order to ensure that you derive the best possible result from your surgery. If for some reason you are unable to follow the instructions, please call our office as soon as possible. Feel free to **call us with any questions** you may have regarding these instructions. **844.794.7763**

For the safety and protection of all our patients, **we will not release you to a cab or Uber/Lyft driver after surgery.** You must plan to have a friend or family member pick you up and drive you home.

Pre-Operative Instructions: 2+ Weeks Prior to Surgery Date:

- O** Please **complete and/or update your Medical History** via our secure patient portal at least 2 weeks prior to surgery. Visit our website at www.drkuy.com – Log into Patient Portal. Any problems please contact our office 844.794.7763.
- O** **Tests:** Different tests need to be ordered for the following:
 - Mammogram – Any female breast procedure on patients 40 and older (within 1 year of surgery).
 - EKG – History of high blood pressure or other heart conditions, or per Dr. Kuy's request (within 3 months of surgery).
 - Blood Work – use of diuretics, blood thinners, or per Dr. Kuy's request (within 1 month of surgery).

An order form will be e-mailed to you by the nurse at least 1 month prior to surgery date. Please contact nurse@drkuy.com with any questions about tests.
- O** If Dr Kuy orders an **EKG** prior to your surgery, please schedule this test with your primary care physician or at any out-patient testing hospital. The EKG **results must be received 2 weeks prior** to your surgery. A current EKG within one year of surgery date may be **faxed** to our office. **513-827-9796**
- O** Any patient who has a **cardiac condition** and is being treated by a cardiologist or primary care physician, **must have approval for surgery from their doctor.** *Failure to follow these instructions could cause cancellation of your surgery.*
- O** Patients who smoke cigarettes, cigars, marijuana and/or vape should **discontinue smoking for 6 weeks prior to surgery and for 3 weeks after surgery.**
- O** **Do not take aspirin or products that contain Ibuprofen for 10 days before surgery.**

[Bufferin, Anacin, Empirin, Stanback, Excedrin, Fiorinal, Darvon Compound, Advil, Nuprin, Medipren, Aleve, Motrin] *Panadol or Tylenol may be used* instead of above medications. Other medications prescribed or over the counter, for back pain or arthritis may need to be discontinued prior to surgery: please discuss with Dr. Kuy.
- O** **STOP: Birth Control pills, Estrogen pills and/or patches - 2 weeks prior to surgery** due to added risk of blood clot formation.
- O** **Do not take Fish Oil, Vitamin E, or any herbal supplements for 10 days before surgery.**
- O** **Any medication taken within a 2-week period prior to surgery, including over-the-counter products, must be approved by Dr. Kuy.**
- O** **Please contact us immediately** for instructions **if you become ill during the 2 weeks prior to surgery**, develop a cold, sore throat, fever blisters, and skin eruptions. Minor illnesses or conditions might not prevent surgery from proceeding as scheduled, but we may wish to give you some additional instructions to ensure your rapid recovery.
- O** **Chemical Peel Patients:** Dr. Kuy may recommend using a skin lightening cream prior to surgery. You will need to purchase a **lightening cream (4% Hydroquinone)** and begin applying a thin layer every night at bedtime 2-4 weeks **prior** to your scheduled surgery.

- O **Chemical Peel Patients:** Dr. Kuy will give you a **prescription for an antiviral, Zovirax**. Please get these prescriptions filled at your pharmacy and take as directed **pre-operatively**.

One Week Prior to Surgery:

- O **No alcoholic beverages one week prior to surgery.**
- O **Avoid overexposure to sun**, including use of tanning beds, sun lamps, for at least **1 week prior to surgery**.
- O **Facelift and Chemical peel patients: no perm or hair coloring for 5 days prior to surgery and 4 weeks after surgery.**

Night before Surgery:

- O **Wash** operative area with **Hibiclens** [available in first aid section at most grocery stores]. *Do not apply lotions, deodorant or creams.*
- O **If facial surgery: wash hair and face with Hibiclens.** *No conditioner or hair styling products. No facial moisturizer.*
- O **Food intake:** Do not eat or drink after midnight prior to surgery unless told otherwise.
- O **Make up:** *NO makeup please!*
- O **Medications:** **If you are taking a Beta-Blocker for high blood pressure, or thyroid medication, you should take your medication as usually scheduled, with a small amount of water, morning of surgery or evening prior. Other medications will be discussed with you.**
- O **Advance Directives:** If you would like to specify a legal surrogate or Durable Power of Attorney for healthcare decisions for the day of surgery, you will need to bring a copy of your legal document to be placed in your chart.

Morning of Surgery:

- O **Leave all valuables items, jewelry, wigs, etc.** at home. Do not wear a top that goes over your head. Please wear a shirt that buttons or zips in front. We recommend wearing pants with elastic waist, such as athletic wear. Do not wear pantyhose. We suggest tennis or comfortable low shoes and warm socks.
- O **Do not** chew any gum or suck on mints/candy the morning of your procedure.
- O **Please bring your Inhaler with you on the day of surgery!**
- O Please bring your **Health Insurance Card** with you and present to the front desk at surgery check-in. Dr. Kuy may send out a biopsy from your surgery.
- O You **may brush your teeth** in the morning of surgery, without swallowing water.
- O If you are scheduled for a **facelift, bring a scarf, sunglasses**, or other articles to cover your dressings when you leave the surgery center.

Post-Surgery:

- O **No driving 24 hours post anesthesia or sedation.** *Please arrange for family/friend to accompany you and pick you up day of surgery. You will be discharged approximately 1-2 hours after surgery.*
It is imperative that you are not alone the night of surgery!
- O **If receiving a facelift or full-face chemical peel:** You will receive One Complimentary Swiss Medi-Spa treatment: Choose from either a **Micro-Chemical Peel** with one of our Medical Estheticians or an **IPL Laser Spot Treatment** with one of our Nurse Practitioners at our office 844-794-7763.

The Pre-Operative Instructions will be reviewed with you during your surgery pre-screening checklist phone call with our OR nurse. Thank you for your cooperation with these instructions!