«PRACTICE_NAME»

GENERAL PRE OPERATIVE INSTRUCTIONS

During the two-week period <u>preceding</u> and for two weeks <u>following</u> your surgery:

- **DO NOT TAKE ANY ASPIRIN OR PRODUCTS CONTAINING NON-STEROIDAL ANTI-INLAMMATORY INGREDIENTS,** e.g., Advil®, Motrin®, etc. Please note that many over-the-counter medications contain aspirin and/or non-steroidal anti-inflammatory ingredients. Consult the attached sheet for a comprehensive list of products to avoid. If you regularly take aspirin, please inform your doctor. For management of headaches and pain during this four-week period, you may use Tylenol® and Tylenol Extra Strength®.
- **DO NOT TAKE ANY HERBAL MEDICATIONS OR NUTRITIONAL SUPPLEMENTS.** Please see the list of medications and herbal supplements included in your surgery packet.

General Instructions:

- Please notify the doctor or staff if you develop any dental issues or symptoms such as a cold, sore throat, fever, or cough prior to your surgery.
- Please fill all prescriptions prior to surgery, so that they will be on hand.

The night before surgery:

- See attached instructions for cleansing your skin.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY!** Exception- if not having any sedation anesthesia.
- Please leave valuables such as watches, jewelry, credit cards, etc. at home.
- Please make sure you do not have on any nail polish, artificial nails, or extensions (eyelash or hair).

The morning of surgery:

- See attached instructions for cleansing your skin.
- **DO NOT EAT OR DRINK ANYTHING!** Exception- if not having any sedation anesthesia.
    - This includes coffee, tea, or liquids of any kind. You may brush your teeth and use mouthwash, if you like, but do not swallow any of the liquid.
- **However, you may take CUSTOMARY MORNING MEDICATIONS with a sip of water if approved by your surgeon.**
- Dress in loose-fitting, comfortable clothing and shoes. Avoid pullover shirts.
- **Be sure to arrive at the facility on time,** if you realize that you are going to be late the day of surgery, please inform the facility immediately.
- **You must have a responsible adult available to drive you home and care for you for the next 24 hours if you have any form of sedation anesthesia for your surgery.**

«PRACTICE_NAME»

GENERAL PRE OPERATIVE INSTRUCTIONS

Pre-Surgical Skin Prep Guide (with Chlorhexidine)

Supplies You'll Need:
- Chlorhexidine gluconate 4% solution (e.g., Hibiclens)
- Dial antibacterial soap
- 2 clean washcloths
- 1 clean towel
- Regular shampoo (not medicated)
- Newly cleaned pajamas or robe, sheets and pillowcases

When to Use It:
The night before surgery
The morning of surgery
(Unless your surgeon says otherwise)

Step-by-Step Instructions:
Move away from the shower stream when applying Hibiclens to avoid rinsing off too soon.

1. Hair & Scalp
- Wash hair with regular shampoo.
- Rinse thoroughly.
- Do not use conditioner or hair products after.

2. Face & Neck (Surgical Area)
1. Wash and rinse off your face and neck with Dial antibacterial soap.
2. Apply a small amount of Hibiclens to a clean, damp washcloth.
3. Gently wipe cheeks, jawline, neck (front and sides), and hairline
4. Avoid eyes, lips, inside nose, and ears. If Hibiclens comes in contact with these areas, rinse out promptly.
5. Let sit for 60 seconds, then rinse thoroughly.
6. Pat dry with a clean towel.

3. Rest of the Body (Neck Down)
1. Shower and rinse with Dial antibacterial soap.
2. Apply Hibiclens to a separate clean washcloth.
3. Scrub neck down: underarms, chest, back, groin, arms, and legs.
4. Avoid genital and anal areas.
5. Let sit 1-2 minutes, then rinse thoroughly.
6. Do not apply lotions, deodorant, or makeup after.

Afterward:
- Wear clean clothes and use clean pillowcases/sheets
- Avoid touching your face

Important Safety Notes:
- Do not use Hibiclens inside eyes, ears, mouth, or nose. If Hibiclens comes in contact with these areas, rinse out promptly.
- Stop use and contact your surgeon if rash, redness, or irritation occurs.
- Do not allow pets in your bed the night before surgery and for the first week after surgery.

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