

# Elevate Plastic Surgery

---

193 Roe Avenue, Toronto, ON, M2J 1V1

T: 416-554-9860 | F: 647-689-4628 | [elevateplasticsurgery.ca](http://elevateplasticsurgery.ca)

## General Pre-operative Instructions

### 1. Medications:

- Stop all blood thinner medications *two weeks* before surgery. ***If you are on prescription blood thinners, please make sure that your surgeon is aware of these medications.*** Examples include Aspirin, Ibuprofen, Advil, Coumadin, Warfarin, Plavix.
- Stop all Vitamin E and supplements two weeks before surgery, as some of these supplements may interfere with the healing process. Examples include omega-3, fish oil, ginkgo, garlic, ginseng, garlic, flax oil, St. John's wort and echinacea.
- On the morning of surgery, take medications with sips of water at home as instructed only.
- If you had a pre-operative assessment, please follow the instructions provided to you especially with respect to your diabetes medications and blood thinners.

2. If your health changes or you develop a cough, cold, flu or any other illnesses in the week before your operation, please inform our office as soon as possible.

3. **Smoking:** If you smoke cigarettes or marijuana, please refrain from smoking AT LEAST 6 weeks before and 6 weeks after your surgery to prevent wound healing complications.

4. **Bathing:** Wash thoroughly in the bath or shower the night before surgery and again in the morning of your surgery.

5. On the night before your surgery, **please do not eat or drink anything after midnight.** This includes water, breath mints, or even chewing gum.

6. On the morning of surgery:

- Brush your teeth and rinse your mouth, but do not swallow any toothpaste.
- Surgeries are performed in scent free facilities. Please do not use perfume, cologne, aftershave, hairspray, or scented cream on the day of surgery.
- Please do not wear make-up or moisturizer on the day of surgery.
- Wear comfortable clothing, such as zipper or button tops that open in the front.
- Leave all valuables and jewelry at home. Jewelry and body piercings should be removed before you come to the hospital.
- Bring all documents and/or garments as instructed.

7. Arrival:

If your surgery is at the hospital, please arrive to:  
**North York General Hospital 1<sup>st</sup> Floor - Day Surgery Unit**  
**4001 Leslie Street, Toronto, ON M2K 1E1**

Please report to Day Surgery Patient Registration at least 2 hours before your surgery. You will need to check in with your Health Card

If your surgery is being performed outside of the hospital, please follow the instructions provided to you.

***If you are late or do not show up for surgery, there will be a late or cancellation fee.***

8. **Forms:** If you require any forms to be completed, please inform the office. Forms will not be able to be completed on the day of surgery. ***Please note that there will be a work note fee ranging from \$150 depending on degree of involvement.***

9. **Going home after surgery:** You must have an adult accompany you home after surgery. You cannot leave the hospital or facility on your own. You will not be able to drive yourself and you cannot use a taxi or Uber. You will not be able to drive a car for at least 24 hours after a general anesthetic.

**After your operation:**

- When you go home, it is important that a relative or friend spends the first night with you.

- **Pain management:** you can take Acetaminophen and additional prescription medications prescribed. Do not take Ibuprofen or Advil unless explicitly offered
- **Do Not Smoke.** This will impact healing and increase the complication rate.
- Do not undertake any exercises or heavy lifting for at least two weeks after the surgery. Your surgeon will review your postop restrictions and time frame.
- It is normal to feel a little dizzy and drowsy after an operation.
- For the first 24 hours after surgery:
  - Do not drive
  - Do not drink alcohol
  - Do not operate any vehicle or machinery
  - Do not make any major decisions
  - Postoperative instructions including bathing and wound care will be provided specific to your surgical procedure.