



GENERAL SURGICAL INSTRUCTIONS

The following instructions apply to most of the surgical procedures and should be referred to when reading about your specific procedure. There are times when patients have circumstances that necessitate slight deviations from these instructions. If you have any questions regarding your pre-operative planning, surgical procedures, or post-operative healing, please bring them to the attention of Dr. Ayala or his staff prior to your surgery.

Three Weeks before Surgery

- Discontinue smoking. Smoking compromises healing and jeopardize an otherwise beautiful result.

Two Weeks before Surgery

- Arrange for accommodations if you live outside the Valley area. Determine the length of time you will need to be in town for postoperative care
- Be aware that you must have professional nursing care for the first 24 hours if you have full facial surgery (facelift). For all other surgeries you must have someone stay with you for the 24 hours, but it may be family or friends. **You must not be alone for the first 24 hours unless there is no anesthetic being used.**
- There are many medicines and homeopathic remedies that exacerbate bleeding during surgery. While this bleeding is not necessarily dangerous, it may lead to excessive bruising and swelling. We would like to minimize your bruising and help you heal more quickly. If you haven't already received it, please obtain the list of "medications to avoid" from the office. This list is extensive, but not all-inclusive, so if you are taking something you are not sure about please discuss this with Dr. Ayala.
- For patients undergoing anesthesia there are some medical tests which are mandatory to ensure patient safety. **These tests results must arrive at the office no later than 72 hours before the date of surgery.**
- All patients are to have mandatory blood tests. Please see the enclosed form specifying these.
- Patients over 45 are to additionally have full physical examination, EKG, and a letter of medical clearance. These tests and exam should be completed within 3 months before the date of surgery.
- A chest X-ray will additionally be required for all patients over 65.
- In specific circumstances various other tests may be required prior to surgery. Please notify Dr. Ayala and the anesthesiologist if there are any changes to your health prior to surgery.
- Please be sure that the office **receives all surgical fees two weeks in advance.**

One Week before Surgery

- Arrange for hair treatments and any other facial treatments.
- Avoid alcohol until 2 weeks following surgery.
- Try to limit salt intake, particularly for the 3 days preceding your surgery.

Five Days Before Surgery

- Apply to both nostrils 2% Mupericin Ointment (Bactroband nasal ointment) to the inside of both nostrils three times a day for five days.

24 Hours before Surgery

- **Confirm the time of your surgery with our office.**
- Do not have any caffeine.
- Relax and eat well.
- Do not take any medications unless cleared by our office.
- **Do not eat or drink anything after 12 midnight.**
- You will have a chance to speak with Dr. Ayala in the morning before going into surgery. Last minute questions can be addressed at that time, or you may call the office.

The Day of Surgery

- Wash your face well, brush your teeth (don't swallow the water) and do not apply any make-up.
- Wear a buttoned shirt, slacks and flat shoes. Do not wear panty-hose, a pull-over top or contacts.
- Reading glasses are necessary the morning of surgery to read consent forms.
- Comfortable lounging clothes are a must. No tight clothes or dresses.
- Please bring a sweater or jacket because you may be cold after surgery.
- Leave all valuables at home, including jewelry and handbags, as we cannot be responsible for them.
- Please arrive on time. Call if you are running late.
- The nursing staff must be given the telephone number where you can be reached the evening following surgery.
- The person caring for you will be instructed in your postsurgical care when they arrive to pick you up.