



David P. Mueller, D.D.S., F.A.B.O.M.S.
FACIAL COSMETIC SURGERY & ORAL MAXILLOFACIAL SURGERY

Diplomat, American Board of Oral & Maxillofacial Surgery & American Academy of Cosmetic Surgery

COSMETIC SURGERY PREOPERATIVE INSTRUCTIONS

1. Please discontinue use of products containing Aspirin two weeks prior to surgery.
 - a. **Drugs containing ASPRIN, SALICYLATES, SALICYLAMIDES, or IBUPROFEN should be avoided for at least two (2) weeks before and after surgery.**
2. Please discontinue the use of alcohol, including wine, 72 hours prior to surgery.
3. Please discontinue the use of these supplements two (2) weeks before and after surgery:
 - a. Dong Quai, Echinacea, Ephedra, Feverfew, Fish Oil, Garlic, Ginger, Gingko, Ginseng, Goldenseal, Hawthorne, Kavakava, Licorice, Melatonin, Red Clover, St. John's Wort, Valerian, Vitamin's A & E, and Yohimbe.
4. You must be on an empty stomach eight hours prior to surgery; this includes water. Your doctor will inform you of any medications to take on the day of surgery if needed. However, if you take medications for Heart or Blood Pressure, please take these as normal in the morning with sips of water only.
5. Please plan to have a family member or friend take you home after the procedure and stay with you for several days. The length of time you will need someone to stay with you depends on your treatment plan.
6. Prescriptions will be given to you on your pre-operative appointment. **Please have these filled prior to your surgery date and bring them with you the day of surgery.**
7. You may be required to have medical clearance and lab work from your primary care physician. This is to be completed and **faxed to the office one week prior to surgery.**
8. Please remember to wear comfortable clothing such as PJs or sweats with a shirt that buttons or zips up in the front due to any head dressings that may be applied. You must wear **compression socks**. Tennis shoes or shoes that have laces are preferred.
9. Please do not wear any jewelry or bring any valuables on the day of surgery.
10. Do **NOT** use facial cosmetics and aerosol products. Please remove **ALL** products from your natural nails. And if you have long hair, please wear it tied back.
 1. **LASER PATIENTS ONLY:** Begin taking Valtrex or Acyclovir, which will be prescribed to you, 48 hours prior to your surgery.
 2. Bring a wide brim hat and sunglasses if you are having laser resurfacing.

If you have any questions, do not hesitate to call our office at (757)496-8066