

Joshua A. Greenwald, MD, FACS
Cosmetic Surgery Associates of New York

GENERAL PREOPERATIVE INSTRUCTIONS

Congratulations on scheduling your procedure with Dr. Greenwald. A great surgical experience requires a close collaboration between you, Dr. Greenwald and the staff at Cosmetic Surgery Associates. Education, preparation and planning are all essential to obtaining optimal results and having a safe, pleasant operative experience. If you have any questions about your upcoming procedure, do not hesitate to call or schedule another visit with Dr. Greenwald or our patient coordinators.

1) Read all preoperative material 2 weeks prior to your scheduled procedure.

2) Be sure to read “medications to avoid” prior to surgery. Before stopping any medications (i.e. comedian, plaid), check with your primary care provider. If you have any questions, contact our office.

3) Fill all prescriptions given to you by Dr. Greenwald prior to your procedure so you have the required medications at home waiting for you after your procedure.

4) Be sure to schedule an appointment with your primary medical doctor 10-14 days prior to your procedure. He/she will need to clear you for surgery. This will also give you the necessary time to obtain lab results and other studies required by Dr. Greenwald.

5) Obtain a mammogram if Dr. Greenwald has requested one. This often takes time to schedule.

6) Plan on arriving to the surgical facility 45 minutes prior to the scheduled start time of your procedure.

7) Make sure you have someone to drive you home the day of your procedure. Make arrangements for a responsible adult to stay with you for at least 24 hours after the surgery.

8) Get a good night sleep prior to our procedure. 5. On the night before surgery, shower, bathe and wash your hair. Do not use hair spray or other hair styling products.

9) **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT PRIOR TO SURGERY.** You may, if you wish, have a light snack or glass of juice around 10:00 P.M. the night before surgery.

10) Wear a robe or other garment that buttons or zips up. **DO NOT WEAR ANYTHING THAT MUST BE PULLED OVER YOUR HEAD.** Wear flat shoes or slippers. Do not wear jewelry or bring valuables with you. Shower the day of your procedure. Do not use any creams, moisturizers, make up or hair products the day of your procedure. Do not wear contact lenses the day of your procedure.

11) Please familiarize yourself with your postoperative instruction sheet. Postoperative instructions will be reviewed with you prior to your departure the day of your procedure.

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12) It is most important that you do not smoke or wear a nicotine patch for at least 3 weeks before and after surgery. Severe scarring may result from failure to observe this precaution.

13) Often after surgery a patient will ask why he or she is more or less swollen or bruised than a friend who had a similar procedure; or why it's taking them several months for the tightness and swelling to resolve or the scars to fade when their sister-in-law was "perfect" after two weeks. The answer is that every patient has a somewhat different operation but more importantly, everyone heals differently. It just takes some people longer to resolve their swelling, absorb their bruises, and soften their tissues after surgery than others. This is mostly a matter of inheritance, like hair color and skin complexion. If you are taking longer than you thought, remember that the improvement that you get from surgery is going to last in some ways for the rest of your life.

Any type of plastic surgery will leave permanent scars. All scars will be present for your lifetime no matter how precise the skin closure is performed during surgery. It is important to realize that all scars are permanent and their final appearance are not predictable in advance.

You will receive all necessary paperwork (instructions, prescriptions, directions) prior to your procedure. If you have any questions about your procedure, do not hesitate to call our office @ 914.421.0113.