



## **MEDICAL CLEARANCE AND PRE-ADMISSION TESTING**

Depending upon the type of surgery, your age and prior medical history, you may or may not require pre-admission testing. Pre-admission testing guidelines are determined by the Anesthesia department. The tests can be done by your primary care physicians and/ or lab facilities. The tests can include bloodwork, EKG, chest X-Rays, any additional clearance, such as cardiac or pulmonary. We will provide you with this information. These tests **MUST** be completed at least a week prior to surgery. If not completed, the surgery will be canceled and rescheduled.

## **PRE-OPERATIVE APPOINTMENTS**

You must follow up with Dr. Brys within three months of surgery. Any questions or concerns regarding the surgery can be answered at this visit. For example: Length of recovery? Medications? Activities? Work? School?

## **POST-OPERATIVE APPOINTMENTS**

Your post-operative appointment needs to be scheduled 1 to 14 days after your surgery depending on the procedure. This will be scheduled when you come in for your pre-op visit.

## **DISABILITY FORMS**

If needed, please provide the physician with the forms that are required by your employer at least 2 weeks prior to surgery, or sooner.

## **PREOPERATIVE INSTRUCTIONS**

1. Please avoid any aspirin, aspirin-containing products, or ibuprofen (Advil, Aleve, etc.) for one week prior to your chin augmentation surgery. Please see our medication list (attached to the end of these instructions) which outlines in detail products to avoid prior to surgery. If you are on any medications that affect bleeding (such as coumadin or warfarin) please notify the office immediately.
2. Please refrain from tobacco products and alcohol for two weeks prior and two weeks following chin augmentation surgery. Along with delayed wound healing, persistent skin redness and other complications may persist when tobacco and alcohol are not discontinued.
3. Please notify us of all routine medications and significant health history. We ask that you remain on your daily medications unless instructed otherwise. At the preoperative appointment, we will tell you which daily medications to take with just a sip of water on the morning of surgery.

4. At your preoperative appointment you will be given prescriptions for use following surgery, typically including an oral antibiotic. Please obtain these prescription medications before your plastic surgery so you will have them ready for use when you return home after surgery.
5. The day before your surgery, we will ask you to begin Vitamin C 1000 mg (ascorbic acid), which helps promote healing, three times a day with food for one week before and two weeks following surgery. To minimize bruising, you will also be asked to start Arnica (a natural supplement) the day before chin augmentation surgery and continue for one week following surgery.
6. You may **not** eat or drink after midnight the evening before the surgery unless instructed otherwise. You may brush your teeth. Your procedure will be cancelled if you do not follow these instructions.
7. Do not bring valuables (cash, credit cards, watches, jewelry, etc.) on the day of chin augmentation surgery. Remove all make-up and nail polish before arriving for your procedure.
8. It is not required that a family member or friend stay at the Ridgedale Surgery Center during your surgery. However, someone must be available at all times while you are at the surgery center. Someone will need to drive you home after your surgery and stay with you that evening. Transportation to the office for postoperative checks following surgery is also recommended. If you have arranged for a sitter, the sitter will drive you to the hotel after surgery and for your first operative visit.
9. Surgery and arrival time are subject to change due to add-ons and/or cancellations. The surgery center will contact you the day before to finalize exactly what time to arrive.

### **FEMALE PATIENTS:**

- If you are receiving general anesthesia during your procedure and you are of childbearing age, you will be required to take a urine pregnancy test that is performed by the hospital when you arrive. Try NOT to void the morning of your surgery until you arrive at the hospital or ambulatory center.
- Females who are menstruating should only use sanitary pads, NO tampons on the day of surgery. Also inform your admitting nurse if you are menstruating.

### **Your Surgery will be held at:**

Ridgedale Surgery Center  
14 Ridgedale Ave #120  
Cedar Knolls, NJ 07927