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***Pre-operative Instructions For Reconstructive or
Cosmetic Plastic Surgery***

Plastic surgery, regardless if it is major or minor, is still surgery. You have an important role to play to ensure your surgery has the lowest complications, gives you the best result and is a comfortable experience.

This page contains a basic description of pre-operative instructions for your forthcoming plastic surgery.

One month before

Stop smoking. Nicotine reduces blood flow to the skin and can cause significant complications during healing such as delayed wound healing and skin necrosis.

Refrain from smoking for another 4 weeks after surgery. You are strongly advised to stop permanently at this point, because smoking can decrease the lifetime of your plastic surgery results.

Two weeks before

Do not take Aspirin, Ibuprofen, Naproxen, Non-Steroidal Anti-Inflammatory (NSAID) or Vitamin E. They interfere with normal blood clotting. For pain relief you can take Paracetamol and Codeine.

Stop all herbal medications and diet pills.

It is safe to continue taking multivitamins.

Take 1000mg Bromelain twice a day 2 weeks before and after surgery. (This is an enzyme found naturally in pineapple). It helps relieve swelling associated with surgery and can be purchased from any pharmacy/health food store.

Take Arnica, which can be purchased from any pharmacy/health food store.

The day of plastic surgery

Take a shower the night before and/or the morning of your surgery.

Take all your normal prescription medications in the morning.

Do not use makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant on your skin, hair, or face.

If possible tie your hair back.

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Do not wear contact lenses. Wear your glasses instead and bring your glasses case.

Do not bring any valuables or wear any jewelry. Do not worry if you cannot remove your wedding ring or do not want to; we will tape it over.

Wear comfortable shoes and loose-fitting clothes. Do not wear a top or other clothing that has to be pulled over your head.

Warning about Blood Thinning Medications

Blood thinning medications can cause excessive bleeding during and after surgery. Both prescription and over-the-counter medications can have blood-thinning properties. If you currently take any of the medications or herbal preparations listed below, stop taking them 2 weeks before your surgery. This is only a partial list and if you have any questions, please contact your local pharmacy or Mr Karri.

If you were told by a doctor to take a blood thinning medicine on a regular basis for stroke or heart attack prevention, atrial fibrillation or a prosthetic heart valve, please ask Mr Karri when this medicine should be stopped.

Read the labels on all the medications that you take on a regular basis or plan to take e.g. headache, cough or cold remedy. Many products contain Aspirin (also known as acetylsalicylic acid) and must be stopped 2 weeks before surgery.

Below is a list of medications that must be stopped 2 weeks before surgery:

- Aspirin
- Warfarin (can be stopped 3 days before surgery)
- Clopidogrel
- Garlic
- Ginkgo Ginseng
- Ibuprofen
- Naproxen
- St John's Wort
- Vitamin E