

# Laurence A. Kirwan FRCS, Plastic Surgeon

## Preparation for Surgery: Do's and Don'ts

### Don't:

- Avoid the following oral preparations at least 3 weeks prior to and 3 weeks after surgery:

*Any mixture containing:*

*Vitamin E*

*Effamol G*

*Evening Primrose Oil*

*Salmon Oil*

*Codliver Oil*

*Ginseng*

*Imedeen*

*Garlic*

*Antiinflammatory medications:*

*Piroxicam*

*Indocid*

*Nurofen*

*Ibuprofen*

*Surgam*

*Voltarol*

*Naproxen*

*Froben*

*Lederfen*

***Anticoagulants*** (*medications to thin your blood*)

*Aspirin/salicylates:*

*Anadin*

*Disprin*

*Codis*

*Or any cold or Flu medication i.e Lemsip etc.*

- Do not wear any eye or face makeup or moisturizing cream of any kind on the day of surgery as this interferes with the surgery.

### Do:

- Do take Tylenol or Paracetamol if experiencing any pains or discomfort for any reason prior to surgery.
- Do take any regular medication (i.e. blood pressure tablets) prior to and up to the day of surgery- you can use up to 20-30mls of water to help swallow any tablets even within the 8 hour pre operative fasting period mentioned above. Some anti-hypertensive medications may need to be discontinued before surgery so make sure that Dr. Kirwan knows what medication you are taking and that you have consulted with your private physician before surgery.
- Do Take *Arnica* tablets  
Arnica is a herbal remedy that has gained a considerable reputation in recent years in helping to decrease bruising and swelling and to promote healing after surgery and trauma. It is now used routinely in many branches of surgery and I recommend it for all patients. It is available from larger pharmacies and health food shops without prescription.
- Do shower or bath on the morning or evening prior to surgery, cleansing your entire body. Preferably use an antibacterial soap and shampoo.

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### **Preparation for Surgery: Do's and Don'ts**

- On the day of surgery please remove any contact lenses, nail polish, jewellery and all makeup whilst at home. Do wear comfortable, front opening, and loose clothing to the hospital. Avoid any clothing that you have to pull over your head.

Wear trousers or pants with loose non-elasticated waist bands and slip-on loose fitting shoes or sneakers.

If you should have any questions, please call the office at 020 7637 4455 (UK) or 203 838 8844 (USA, Connecticut) / 212 838 8844 (USA, New York).