



ELLIOT M. HIRSCH, MD
PLASTIC & RECONSTRUCTIVE SURGERY

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Pre-Operative Instructions

Before your procedure:

- Do not eat or drink anything (including water) after midnight the night prior to your surgery. This includes water, breath mints and even chewing gum. You may take your other medications as directed by your primary care physician with a small sip of water the day of surgery.
- You must stop all Aspirin or Plavix containing products 10 days before surgery. Also, discontinue NSAIDS, Fish oil / omega 3, ginko, and Vitamin E. If you take other blood thinners, please discuss with Dr. Hirsch so that you know when these should be stopped.
- Please discuss with your primary care physician which medications should be continued and which should be stopped the day of surgery
- Fill your prescriptions before surgery so that your post operative medications are ready for you when you are home.
- Notify Dr. Hirsch's office immediately with any change in your health, such as a cold, fever or sore throat in the days before surgery.
- For your safety, please arrange for an adult to drive you home afterwards. You will not be allowed to drive yourself home. Someone will need to remain home with you for the first night of surgery

Day of Your Procedure:

- If your procedure is at a surgery center, please arrive 90 minutes before your scheduled surgery time.
- If your procedure is in a hospital, please arrive 2 hours before your scheduled surgery time.
- Leave all valuables at home, including watches, rings, and jewelry. Make sure that you have a picture ID and insurance information with you. Wear comfortable, loose fitting clothing.

After your procedure:

Please refer to the instruction sheet provided by Dr. Hirsch's office for specific post-operative instructions regarding your procedure.

If you have any questions regarding your upcoming procedure, please call Dr. Hirsch's office at 818-825-8131.

Date of Surgery:

Facility:

Start Time Of Surgery:

Arrival Time: