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Before and After Surgery Checklist

As soon as possible	<ul style="list-style-type: none"> ○ Stop smoking
Four to six weeks before surgery	<ul style="list-style-type: none"> ○ Have medical photographs taken at Gundersen & Price Medical Photography (25 CPW, Suite 1N or 6 East Main Street, Westport, CT 212-744-2044) ○ Begin using sunscreen if you are having facial surgery ○ Discontinue all hormone replacement therapies or birth control pills (refer to “Medications to Avoid” instructions)
Two to four weeks before surgery	<ul style="list-style-type: none"> ○ Have all necessary medical testing done (refer to “Pre-Operative Testing” form) ○ Stop all medications on the ‘Medications to Avoid’ list including all aspirin products ○ Notify the office if you have any symptoms of cold or flu ○ The nurse will call you two weeks prior to surgery to answer questions regarding prescriptions, pre-op and post-op concerns
One week before surgery	<ul style="list-style-type: none"> ○ You will receive a phone call from us for surgery arrival time ○ Begin your homeopathics: Arnica Montana 30c and/or Bromelain (refer to “Medication Instructions” form) ○ Stop drinking alcohol ○ Color hair if you are having brow or facelift surgery ○ Purchase the necessary items on the ‘Shopping List’ ○ Pick up all prescriptions
Night before and day of surgery	<ul style="list-style-type: none"> ○ Our anesthesiologist, will call you the evening before surgery ○ Do not eat or drink after midnight ○ You may shower on the morning of surgery (but no make-up, lotions, jewelry or contact lenses) ○ Bring your filled prescriptions to the office with you ○ Bring your liposuction garment (liposuction patients only) ○ Bring cash or checks if you are having a private duty nurse after surgery

Day after surgery	<ul style="list-style-type: none"> ○ You will receive a checkup phone call from our nurse ○ Be sure to drink plenty of fluids ○ Ambulate every hour ○ Continue your antibiotic as prescribed ○ Remove packing if you have had a rhinoplasty ○ Ice as instructed if you have had nasal, face, or eyelid surgery
Forty-eight hours postop	<ul style="list-style-type: none"> ○ Showering is permissible
Five to seven days postop (Refer to your specific procedure “after” care instructions)	<ul style="list-style-type: none"> ○ 1st appointment at the office ○ Antibiotics end unless otherwise instructed ○ Alcohol can be resumed at 7 days ○ Driving can be resumed at 7 days ○ Drain removal (abdominoplasty, breast reduction, and some breast implant replacement patients) ○ Contact lenses can be worn (for eyelid surgery patients)
Two weeks postop (Refer to your specific procedure “after” care instructions)	<ul style="list-style-type: none"> ○ Light exercise may begin ○ You may fly and travel ○ Sexual relations can resume but the breasts should be avoided after augmentation or reduction for 6 weeks ○ Arnica and bromelain are discontinued ○ You may begin to lift objects heavier than 10 lbs ○ Restart all other medications on the ‘Medications to Avoid’ list (except birth control pills or hormone replacements)
Six weeks Postop (Refer to your specific procedure “after” care instructions)	<ul style="list-style-type: none"> ○ Final office appointment unless otherwise indicated by Dr. Hidalgo ○ Bra does not need to be worn 24/7 (for all breast cases)
Eight weeks Postop	<ul style="list-style-type: none"> ○ All activities can be resumed ○ Dental work can be done at this time (for facelift patients)