

**Before your surgery date:**

1. **SMOKING** is known to be one of the most important hindrances to wound healing. The nicotine constricts the blood vessels. Patients who smoke have a higher risk of infection, scarring and wound healing problems. It is imperative that you completely stop smoking at least 4 weeks before, and continue for no less than one month afterwards. Unfortunately, Nicotine patches are just as bad. Please be frank with the doctor and share how successful you have been.
2. If you are taking **ANTICOAGULANTS (BLOODTHINNERS), ASPIRIN, AND/OR MEDICATIONS CONTAINING ASPIRIN or IBUPROFEN**, check with your doctor. These must be stopped at least 1-2 weeks before surgery.
3. Drink plenty of fluids, especially water, the day before surgery. Avoid caffeine such as coffee, tea, or chocolate.
4. Do not eat anything too heavy or difficult to digest the day before surgery. If you are constipated or have had problems with constipation, taking a daily stool softener for a few days before surgery may be helpful.
5. If you are prone to nausea after surgery, let your doctor and your anesthesiologist know this beforehand.
6. Remove any fingernail or toe nail polish.
7. **A COMPLETE BATH OR SHOWER WITH THE ANTIMICROBIAL SCRUBS OR SOAP** provided to you in the pre-op clinic is required the evening before surgery. You do not need to shave.

**The Day of Surgery:**

1. **DO NOT EAT OR DRINK** after midnight the night before or the morning of your surgery. This includes gum. You may brush your teeth the morning of surgery.

2. Take your daily medications with a sip of water (**EXCEPT** Coumadin, Aspirin, Anti-inflammatory, Insulin, Oral Hypoglycemic) unless otherwise directed by your physician.
3. Bring your updated medication list, copy of your surgery consent, and your insurance card with you to the hospital.
4. Wear comfortable, loose clothing to the hospital. Wear flat shoes. Two-piece outfits that button, snap, or zip in the front work well.
5. **LEAVE ALL** jewelry and valuables at home. This includes watches, earrings, rings, credit cards, money, purses, wallet, etc.
6. Women should remove all makeup before coming to the hospital.
7. Leave your contact lenses at home. It is best to wear your glasses.
8. Please make arrangements for someone to drive you to and from the hospital. If you have flap reconstruction you may stay 4-5 nights.
9. CHG antimicrobial bath/shower. Use 1st CHG soap the night before surgery and 2nd CHG soap the morning of surgery.

**For questions, please call your clinical team at 650-498-6000 #5**