

Prepare for Plastic Surgery – A Checklist

- **4 weeks prior to your plastic surgery**

- Some surgeons will require that you have a physical - this can be completed by your own physician. Your plastic surgeon will want to see the results

- **3 weeks prior to your plastic surgery**

- Stop smoking and drinking
- Consult with your surgeon or patient counselor about any medications you are currently taking
- Stock your kitchen with lots of fruits, vegetables and protein based foods
- Start identifying and avoiding foods that contain salicylates (list below)
- Start planning your recovery area and stocking up on books to read, movies to binge watch, Hulu shows to watch, knitting to do, etc.

- **2 weeks prior to your plastic surgery**

- Check your medications again. What was acceptable last week may not be acceptable this week or in the next two weeks. Talk with your surgeon or patient counselor about this again
- Start taking a daily multi-vitamin and specific vitamins recommended by your surgeon or patient counselor. Normal recommendations are for Vitamin A, Vitamin C and Bromelain, all twice daily
- Stop taking Vitamin E in large doses. The amount in the multi-vitamins are acceptable but you should not be taking Vitamin E pills.
- Talk to your doctor about any herbal supplements you are taking to uncover any possible problem areas
- Stop taking any medicine that contains aspirin
- Stop taking anti-inflammatory drugs for arthritis - consult with your physician before doing so
- Stop taking anti-coagulants

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- **1 week prior to your plastic surgery**

- Reduce sodium intake. 1,200 - 1,500 mg daily is a good target
- Eat lots of fruit, vegetables, nuts and high protein meals
- Drink lots of water
- Get your prescriptions filled - you will not want to try to do this after the surgery
- Ensure you have somebody to drive you to and from your surgery
- Finish work on your recovery area
- Get lots of rest and focus on good nutrition

- **2 days prior to your plastic surgery**

- Begin taking Arnica Montana every 8 hours for 10 days (as directed)
- Continue taking Bromelain every 12 hours between meals (as directed)
- Ensure you have a ride set up to get you to and from your procedure
- Set up your recovery area with reading material, tv, gauze, peroxide, bacitracin, water and other drinks, medicine, pillows, surgeon and pharmacy phone numbers
- This is a great time to re-use your old pajamas since there may be some oozing from the surgical incision sites.
- Move essentials from high or low shelves to where you can reach them more easily. For the first week or two, you will not want to be stretching to get anything
- If you have pets that will need walking, ensure this is set up

- **Day prior to your plastic surgery**

- Get a good night's rest
- Nothing to eat or drink after midnight the night before
- Check one more time to ensure your ride to and from your surgery is locked on

Foods to avoid and foods that are OK to eat before your plastic surgery

Salicylate is a chemical found in many foods and it is also the chemical that is aspirin. We all know aspirin is a blood thinner and that we should not take it before or after surgery but foods that contain salicylates should be avoided as well. Below is a comprehensive list of foods to avoid:

- Beverages
 - Avoid: beer, birch beer, root beer, carbonated drinks, distilled drinks, tea, wine
 - OK: cereal drinks, coffee, fruit juices (made from fruit on the OK list below), milk (any kind)
- Breads and Starches
 - Avoid: potatoes
 - OK: breads and cereals, popcorn, pasta, peas, rice, rolls, croissants, bagels
- Desserts and Sweets
 - Avoid: mint or wintergreen products, pies and cakes made with fruits
 - OK: homemade cakes and cookies made without the avoided fruits (listed below)
- Fats
 - Avoid: almonds, peanuts, avocados, mayonnaise, olives, olive oil, salad dressings
 - OK: butter, margarine, cashews, pecans, vegetable oils
- Fruits
 - Avoid: apples, apple cider, apricots, berries (most of them), cherries, currants, dates, grapes, raisins, melon (all kinds), pineapple, oranges, nectarines, peaches, plums, prunes, pomegranates
 - OK: bananas, blueberries, cranberries, grapefruit, lemons, mangos, papayas, pears, rhubarb, strawberries, tangerines
- Vegetables
 - Avoid: canned mushrooms, cucumbers, green peppers, radishes, tabasco peppers, tomatoes
 - OK: asparagus, carrots, fresh mushrooms, green beans, wax beans, greens, lettuce, spinach, squash
- Miscellaneous
 - Avoid: cloves, pickles, mint
 - OK: chocolate (yay!), cocoa, salt, pepper, some spices, sugar, syrup, vinegar

Vitamins to avoid and vitamins that are OK to take before your plastic surgery

- Avoid:

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- Vitamin E - since Vitamin E is associated with increased bleeding, it and surgery almost never mix well. Your surgeon will most likely recommend you stop taking any Vitamin E supplements you are currently taking although the Vitamin E in your multi-vitamin is probably acceptable. Do not confuse this with using Vitamin E topical lotions or gels as these are used post-operative to help scars heal.
- Many herbal supplements can have the same effect as Vitamin E in that they can cause bleeding or other complications. Talk to your doctor but the usual recommendations are to avoid Ginko Biloba, Garlic, Ginseng, Ginger, Gond Quai, Ephedra, Feverfew, St. John's Wort, and Omega 3 fatty acids. Again, talk to your surgeon or patient representative for a comprehensive list and more detail.
- OK:
 - Vitamin A - taken in too large of a dose, this can cause several maladies you'd rather not deal with right now. Be sure to get a recommendation from your surgeon or patient representative for this. Vitamin A is important to the healing process as it plays an important role in collagen production and formation as well as aiding in protection against bacterial and viral infections.
 - Vitamin C - you'll want to take this prior to your surgery as the surgery itself will deplete your body's vitamin C stores. Taking it before and after the surgery significantly speed your healing time. Also, Vitamin C is an essential element in collagen production which is important for healing wounds of any type.
 - Bromelain - used to reduce swelling. [Bromelain](#) is an enzyme found in pineapple juice and the pineapple stem. When used as medicine, it fights pain, reduces swelling and has even been shown to contain chemicals that interfere with the growth of tumor cells. Your surgeon or patient counselor may recommend a steady dose of Bromelain prior to your surgery.
 - Arnica Montana - used to soothe aches, reduce inflammations and promote healing. [Arnica](#) is available as an ointment or gel and is made from the Arnica Montana plant found in the mountainous regions of Europe and southern Russia. Arnica is topical only and should not be ingested as the plant is poisonous.