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### Before and After Surgery Checklist

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

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