

# Derek T Ford, MD, FRCSC

PLASTIC SURGEON

---

## Preparing for Surgery

### Surgery Location: Surgical Suites at 199 Avenue Road, Toronto, Ontario

#### Avoid Smoking and Second Hand Smoke

- Smoking reduces circulation to the skin and impedes healing

#### Take Multivitamins including Vitamin C & Zinc

- This improves your general health once you have scheduled surgery and promotes healing

#### Avoid Vitamin E, Aspirin, Ibuprofen (Advil) and Coumadin (Warfarin)

- Will increase your tendency to bleed
- Please refrain from taking these products two weeks prior and one week post surgery
- Tylenol or acetaminophen are permitted

#### Prescriptions

- Prescriptions will be called into your pharmacy before the surgery. They are to be used following surgery. You will be asked to provide the name and phone number of your pharmacy.

#### Blood Work & ECG

- **Blood work and ECG are to be done approximately one month (30 days or less) before your surgery date.** You will find a lab requisition included in this package.
- 

## Day Prior to Surgery

#### Confirm Surgery Time

- You will be contacted by telephone a few days before your surgery to confirm an arrival time

#### Cleansing

- The night before surgery thoroughly wash using soap and water
- Remove nail polish and fake nails.
- Remove fake eyelashes or eyelash extensions

#### Eating and Drinking

- Do not eat or drink anything, including water after midnight the night before surgery.

---

## Morning of Surgery

### Eating and Drinking

- Do not eat or drink anything. Do not chew gum or mints.
- If you currently take blood pressure and /or thyroid medication, please take your medication on the morning of surgery with a small sip of water.

### Oral Hygiene

- You may brush your teeth but do not swallow the water. Do not use mouthwash.

### Cleansing

- Shower and wash the surgical areas again with soap and water
- Please do not apply moisturizers, creams, lotions or scents (perfume, cologne, body spray, etc)

### Make-Up

- Please do not apply moisturizers, creams, lotions or makeup.

### Clothing

- Wear only comfortable, loose fitting clothing and flat shoes. Ensure that tops need not go over your head to be worn. Please do not wear contact lenses but do bring eyeglasses if appropriate. As a precautionary measure, valuables including jewelry should be left at home.

### Check-In

- Please make plans to arrive one hour prior to the scheduled time of your procedure unless otherwise instructed.
- Upon your arrival at 199 Avenue Road, press the “Surgical Suites” buzzer to gain entrance
- Proceed to the third floor by way of the elevator
- Once on the third floor, press the buzzer on the waiting room door to gain entrance. A nurse will greet and admit you at that time.

### Surgery

- Following the surgery, you will be taken to the recovery room.

---

## Following Surgery

### Discharge

- You will be discharged the day of your surgery, unless you are staying overnight. If staying overnight, you will be discharged by **8:00a.m.** the following morning.
- It is imperative that someone accompany you upon discharge (person must be a friend or family member – **not limo service, cab driver, Uber driver.**) This person may call the surgical suites at **416-961-6044** to confirm the time of discharge.
- Upon pick-up, your caretaker may enter the surgical facility by pressing the “Surgical Suites” buzzer and proceeding to the third floor.
- After your discharge, you will be contacted by our office and a post-operative follow-up appointment will be scheduled.

### At Home

- Please take your medication following surgery as prescribed (no alcohol permitted while taking medication).
- It is highly recommended that someone stay with you for the first three days following surgery to help with daily activities and to purchase supplies that you may require.
- Rest is important for the first 72 hours.

### Diet

- Good nutrition is important for healing. High protein items such as fish, poultry or red meat that is ground or pre-cut into small pieces. Pasta, mashed potatoes and oatmeal are good carbohydrates. Shakes containing fruit, vegetable soup, yogurt and juices are also recommended.

### Activity

- Avoid wearing clothes that fit tightly.
- Avoid straining or vigorous activity for one month following surgery.
- Avoid sun exposure. Sunbathing (exposure of the surgical area) is not recommended for six months.

### Contact

- Please contact Dr. Ford if any concerns arise. Mobile: 416-317-2300