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Preparing for Surgery

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 are either enclosed with this package or will be called into your pharmacy before the surgery. They are to be used following surgery.

Blood Work & ECG

- PLEASE DO THE ATTACHED BLOOD WORK AND ECG ASAP ! You will find a lab requisition included in this package.

Day Prior to Surgery

Confirm Surgery Time

- You will be contacted by telephone the week before your surgery to confirm an arrival time

Cleansing

- The night before surgery thoroughly wash using Phisoderm skin cleanser (other brands okay as long as they are an antiseptic skin cleanser).

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

Oral Hygiene

- You may brush your teeth but do not swallow the water

Cleansing

- Shower and wash the surgical areas again with Phisoderm skin cleanser

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 45 minutes prior to the scheduled time of your procedure unless otherwise instructed.
- Upon your arrival, 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. It is imperative that someone accompany you on discharge. 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 clinic from the rear of the building, press the "Surgical Suites" buzzer, park in the garage and proceed to the third floor to meet with you.
- A follow-up appointment will be made prior to your departure.

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 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