

Washington Plastic Surgery Pre/Postoperative Instructions

Important Telephone Numbers:

- Washington Plastic Surgery: 360-430-8431
- Pacific Surgical Center: 360-442-7900
- Dr. Christopher Chung: To Be Provided

Preoperative Instructions:

- Do not eat, drink, or chew gum 8 hours prior to surgery, unless otherwise instructed.
- Do not take any aspirin, motrin, advil, ibuprofen, and other NSAID's for 7 days prior to surgery. See the Medications to Avoid Sheet. Tylenol is okay.
- Fill out the given prescription. Bring them with you to the surgery.
- Do not use tobacco for at least 3 weeks before and after surgery.
- Do not drink any alcohol for 48 hours prior to surgery.
- Arrange for a ride to and from the surgery, as driving will not be allowed until instructed by the doctor (24 hours to few days).
- Arrive as per your instructions given by Pacific Surgical Center.
- Take a nice shower/bath with a non-perfumed soap.
- Wear comfortable clothing to surgery (sweats, loose clothing, old clothing)
- Do not wear any makeup or body lotions. Remove all body piercings/jewelry.
- If there is any change in your physical condition, Please notify the doctor ASAP.
- **AND MOST IMPORTANTLY, PLEASE ASK FOR ANY QUESTIONS AND CONCERNS.**

Postoperative Instructions:

- Follow the written instructions given by the Pacific Surgical Center.
- Take the prescribed medications as per instructions given.
- Eat lightly following surgery (drinks, soups) as heavy meal may not be well tolerated.
- Leave all dressings on until your first postoperative visit with Dr. Chung.
- Do not shower, bath, or perform heavy activities, until instructed by the Dr. Chung.
- REST with Head up (inclined on several pillows) and knees bent (supported by several pillows). Recliners work well.
- It is okay to walk around with assistance. It restores better physiology.
- **For any questions, PLEASE ASK. FEEL FREE TO CALL DR. CHUNG DIRECTLY AFTER HOURS.**

I have reviewed the above with staff of Washington Plastic Surgery.

Patient

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Washington Plastic Surgery Staff