

# Pre-Operative Checklist

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- Arrange for a responsible to adult accompany you both **to and from** the Centre and stay with you for a 24-hour period (public transportation is not acceptable).
- If under the age of 18 years old, arrange for a parent or guardian must be present.

## TRAVELING CLIENTS

- Arrive in Vancouver the night before your surgery.
- Make arrangements to stay in the city overnight.

## WEEK PRIOR TO SURGERY

- NSAIDS – nonsteroidal anti-inflammatory stopped 7-days before surgery (Ibuprofen, Naproxen, etc.).
- ASA – Aspirin should be stopped 7-10 days before surgery (unless otherwise instructed).
- Inform your surgeon of any other anti-coagulants or blood thinners (i.e. Eliquis, Xarelto) to ensure the proper protocol is established.

## 24-HOURS PRIOR TO SURGERY

- No food, gum, mints, candies after midnight.
- Clear fluids permitted up to 2-hours prior to arrival (unless told otherwise).
- No smoking or vaping 12-hours prior to arrival.
- Diabetic Patients:** Do not take medication or insulin on the morning of surgery.

## DAY OF SURGERY

- No alcohol, marijuana, or any illegal drugs 24-hours prior to arrival.
- Wear loose comfortable clothing.
- Bring your medications (or a list of them) with you (it is very important for the anesthesiologists and nurses to know what medications you are taking).
- All nail polish, gels, acrylics, shellac, or dipping powder completely removed from ALL fingernails.
- All lash extensions or fake eyelashes removed.
- Contact lenses removed.
- All jewelry, make-up, and body piercings removed.
- No colognes, perfumes, hairspray, or lotions used on the day of surgery.
- Bring an interpreter if you do not speak English.

**Please Note:** failure to follow these instructions can result in the postponement or cancellation of your scheduled surgery.

**\*\*Make sure to contact your surgeon ASAP if your medical condition prior to surgery changes (i.e. severe cold, fever, etc.) prior to surgery\*\***