



**Beaches Facial Plastic &
Nasal Surgery Center**

Scott J. Trimas, M.D., FACS

Instructions for patients having Anesthesia

FOOD & DRNK RESTRICTIONS

NOTHING to eat or drink after midnight the night before your procedure. This includes gum, mints, candy, ice, etc. There are some medications we may allow you to take the morning of your procedure with a very small sip of water. Please wait for the doctor's approval on these.

MAKE-UP, JEWELRY & CLOTHES

Please arrive with a clean face. No lotions, mascara, or any other make-up. Do not wear any jewelry and remove all piercings. Wear comfortable clothes that you would want to go home and relax in. A shirt that zips up or buttons is best, so you don't have to pull anything tight over your head. Bring socks to keep your feet warm and shoes you can slip on easily.

MEDICATIONS

Bring **ALL** your medications we prescribed with you to your procedure. We will review your instructions and give you pain or nausea medication, if needed, before you leave. Please STOP all blood thinners 1 week prior (ex: Aspirin, Ibuprofen, Aleve, Vitamin E, Fish Oil, Turmeric). The full list is on our website listed below.

ARRIVAL AND DISCHARGE INFORMATION

Arrive one hour prior to your scheduled appointment time. You will receive an email & text message the day before. That will have accurate and specific instructions on your arrival time and other details. Go by your text message reminder for the time.

You will need to be dropped off and picked up. You will provide us with the phone number of the person picking you up and they will leave. We will call them to come back once you are out of surgery. You will be in recovery for approximately one hour or so.

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