

LLOYD D LANDSMAN MD
plastic & cosmetic surgery ≡≡≡
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Pre-Operative Instructions Checklist

1. ↑ No eating or drinking after midnight before day of surgery
2. ↑ Have prescriptions filled and available post-op. Also an over-the-counter stool softener is recommended
3. ↑ No Smoking
4. ↑ NO: Aspirin, Vitamin-E, or Alcohol for 2 weeks prior to surgery. No Motrin, Advil, Aleve, or any non-steroidal anti-inflammatories. TYLENOL is OK.
5. ↑ Leave all valuables and jewelry at home
6. ↑ Wear comfortable, non-restrictive clothing. Nothing tight.
7. ↑ Post-Op instructions reviewed before surgery.
8. ↑ Consent forms signed ↑ Will sign on day of surgery
9. ↑ Obtained medical clearance ↑ Yes ↑ No
10. ↑ H & H ↑ EKG ↑ Mammography Other _____
11. ↑ Primary care physician _____
 ↑ Telephone # _____
12. ↑ Please arrange for a responsible adult to provide transportation the day of surgery.
13. ↑ Please arrange for a responsible adult to care for you the night following surgery.