DR FACE

Pre-surgery instructions for surgeries under LOCAL ANESTHESIA

IMPORTANT: Before a surgery vaccinate yourself against hepatitis B.

1. BLOOD TESTS

- The following tests: morphology (HGB, HCT, RBC, WBC, PLT); coagulation (prothrombin time, APTT, INR); HBS, HCV, HIV antigens are required.
- Please have laboratory tests done in your home country – not sooner than 4 (four) weeks before your surgery. The results must be sent to recepcja2@drosuch.pl 2 (two) weeks before the surgery, at the latest. The originals must be given to the receptionist on the surgery day.

2. MEDICATION & DIETARY SUPPLEMENTS IN PRE-OPERATIVE PERIOD

Avoid the following for at least 3 (three) weeks before and after the surgery:

- Medications containing vitamin E.
- Herbal products/ dietary supplements/ diet/ medications containing ginseng, ginger, garlic, primrose, garlic, cod and salmon oil.
- Anti-inflammatory drugs such as Piroxicam, Nurofen, Ibuprofen, Voltaren, Ketonal.
- Anti-coagulants such as Aspirin, Acard, as they increase bleeding. If you take dietary supplements, make sure they do not impact blood coagulation. Otherwise stop taking them 3 (three) weeks before surgery.
- Medications containing Acetylsalicylic Acid typically used for fighting cold symptoms and fever.

In case of pain, Paracetamol based medications (APAP), Pyralgin or Tramal can be taken.

3. BEFORE THE PROCEDURE:

- Refrain from smoking for 1 (one) week before and after the procedure.
- Do not drink alcohol or caffeinated drinks/ food for 3 (three) days before and after the procedure.
- Inform our reception if you had an infection in 2 (two) weeks period before the procedure.
- Do not have any treatments that damage the skin (peelings, tattoos, piercings) done in the period of last 2 weeks before the surgery.
- Medications taken for chronic illnesses should be taken normally.
- If you observe first signs of herpes, infection or cold please inform us immediately.

4. SURGERY DAY:

- On the procedure day PLEASE DO NOT DRINK COFFEE nor caffeinated drinks.
- Eat a normal, light meal and take all your daily required medication (for chronic illnesses).
- Have an ID document with you along with the printed original test results.
- Take a morning shower using standard shower cosmetics.
- Do not apply make-up or skincare products on the procedure area.
- Glasses instead contact lenses, please.
- Remove ALL jewellery and piercing.
- Wear “couch potato”, comfortable clothing. Avoid wearing pullovers, button-up or zip-up shirts.
- Take sunglasses if you are coming to have blepharoplasty done.
- Please arrange for a return transport. Driving is not recommended after a procedure.

If you have any questions please call/ e-mail our reception, +48 501 093 653, recepcja2@drosuch.pl