

PATIENT INSTRUCTIONS

Pre-Op Instructions

PREPARING FOR YOUR SURGERY

Dear Patient,

Your Surgery Day is around the corner, and we are excited to help you on your journey at Beautyland Plastic Surgery. We are here to help you navigate the process before and after surgery to ensure you have results you are proud of.

From now on, I will gladly assist you regarding Lab questions, Pre-Operative Processes and Rescheduling. If you have any questions regarding this matter, please contact me via email, SMS or call (Monday-Friday 9:00 AM-5:30 PM).

YOUR RESPONSIBILITIES AS A PATIENT

We understand that unforeseen circumstances can occur during this process. **However, it is your responsibility as a patient to complete the requisites described in this guide.**

• BEFORE YOUR SURGERY

- You must request time off or vacations from your employer in advance and ensure they are approved. Please remember that since this is elective surgery, the Surgeon **does not** fill out Disability or FMLA documents for your employer. We can, however, provide you with a **Work Excuse Letter**.
- You must reserve the Airbnb, Hotel, or Private Nurse, or have a **RESPONSIBLE ADULT** for your aftercare and the postoperative process in advance.
- You **should not plan to leave the center** after the surgery without a Responsible Adult in a Taxi, Uber or Lyft. If you do, the Surgeon will cancel the surgery, and a fee will be applied.
- *The surgeon recommends staying in Miami or the nearby area for at least 5-7 days after surgery to complete the follow-up.*
- If you have babies or minors in your household, please arrange for someone to care for them during the postoperative process.

• BEFORE YOUR SURGERY

- You must be financially prepared to pay your final balance **15 days before surgery**. You can pay with Cash, Cashier Check, Debit, Credit Cards or using a Financing Card like Cherry.
- All labs requested must be in the office **2 weeks before** your surgery.
- Please keep in mind that on the day of Pre-Op, you will be charged **\$150.00** for the Immediate Pre-Op Package: PREGNANCY TEST, NICOTINE TEST and DRUG TEST (THC, COC, MOP, AMP, MET, BAR, BUP, BZO, MDMA, MTD, OXY, PCP, TCA, and OXI/SG/PH) that will be performed the day of surgery, unless you have it included in your Surgery Package.

• LABS & MEDICAL CLEARANCE

- We will email you the Lab Orders and Medical Clearance Form **35 days before surgery**. Please print them out and take them to your Primary Dr. to complete all the lab requirements ASAP. Please ensure your Dr. sends the results to the fax listed in the order **at least 15 days before** your surgery to avoid its cancellation.

• LABS & MEDICAL CLEARANCE

- **IMPORTANT:** The Medical Clearance Form needs to be **FILLED OUT, SIGNED and STAMPED** with your Dr.'s office information to be valid.
- *Please be advised that all Labs must be completed at LabCorp or Quest; if your Dr. doesn't complete them with LabCorp or Quest, we will repeat them in the office on the day of Pre-Op, which will cost \$120.00.*

• IF YOU DO NOT HAVE A PRIMARY DOCTOR

If you don't have a Primary Dr. or your Primary Dr. is not available, please follow these steps to avoid any delays, rescheduling or surgery cancellations:

- Please contact your Coordinators Team over the phone, text or email ASAP.
- We will send you a link with an invoice of **\$120** so we refer you to LabCorp directly to complete the blood work tests. Once the payment is received, **please let us know** so we will email you updated Lab Orders to be billed to our account.
- If you want to complete your Labs in our office, you must come **2 business days before** your Surgery Date, from 9:00 AM-2:00 PM.

• LAB WORK & CLEARANCES

TEST	WHO NEEDS IT	WHERE	COST
Bloodwork and EKG	Mandatory for all patients	In office	\$200.00
EKG only	Mandatory for all patients	In office	\$60.00
Medical Clearance and EKG	Mandatory for all patients	In office	\$150.00
Chest X-Ray	40 years old or older / present or past medical history of asthma	Different location. We will provide you with a referral.	\$45.00

• LAB WORK & CLEARANCES

TEST	WHO NEEDS IT	WHERE	COST
Breast Ultrasound	Depending on your procedure and doctor	Different location. We will provide you with a referral.	\$120.00
Cardiologist Clearance	Depending on your procedure and doctor	Different location. We will provide you with a referral.	\$250.00-\$360.00

• THE PRE-OP APPOINTMENT

- The Pre-Op will be completed the day before surgery by appointment (**9:00 AM-12:00 PM**). If your surgery falls on a Monday, the Pre-Op would be completed the prior Friday simultaneously.
- Please bring your **physical ID**. Otherwise, we won't be able to complete the Pre-Op, and your surgery will be cancelled.
- Please remember that since we have several Surgeons in the center, you will be waiting for assistance. We understand your time is valuable and we appreciate your patience and collaboration.

• SUPPLEMENTS: HOW TO PREPARE FROM TODAY ON

Please choose one of the two following groups of supplements:

- **GROUP #1** – *You can find them at any local supermarket or pharmacy: Walmart, Target, Walgreens, CVS or online.*
 - Folic Acid – 2-3 times x day.
 - Iron Pills – 2-3 times x day.
 - Vitamin C 1000 mg – 2-3 times x day.
 - Malt Extract – 2-3 times x day.
 - Sangre de Toro Syrup – 2-3 times x day.
- **GROUP #2** – *You can find them online only.*
 - Floradix – 2-3 times x day.
 - Hema-Plex – 2-3 times x day. Recommended.

• SUPPLEMENTS: HOW TO PREPARE FROM TODAY ON

- **VERY IMPORTANT:** Please avoid any dairy products 1 hour before and 1 hour after taking the supplements (ex: yogurt, milk, cheese, etc). Dairy products will interfere with the supplement's reaction.
- **YOU MUST STOP THESE SUPPLEMENTS 7 DAYS BEFORE YOUR SURGERY** to avoid bleeding during and after surgery.

• WHAT TO AVOID FROM TODAY

Please review these recommendations to prevent any delays or cancellations of your surgery.

- **Cigarettes, Tobacco or Second-Hand smoke** (kissing or being around those who smoke). Smoking, consuming nicotine in any form, or using unauthorized medications will jeopardize the results of your operation.
- Smoking can cause wounds to separate, causing widened and thickened scars, skin necrosis, blood clots, and other complications.
- You are not allowed to smoke for **4 weeks before surgery and 4 weeks afterwards**. If you test positive for nicotine at Pre-Op, your surgery will be cancelled.
- Hookah, vaporizers and other electronic cigarettes.
- Nicotine patches or nicotine gum.
- **Tanning beds or direct sun exposure.** Sun exposure will cause scarring of your wounds after surgery. You cannot be exposed to direct sunlight (which includes a tanning booth) for 8 weeks after surgery. Wounds must be covered during the 8 weeks after surgery.
If you plan direct sun exposure after surgery, you MUST use sunscreen SPF 50 or greater and reapply every hour.
You must use sunscreen on all wounds if there is any risk of sun exposure for 1 year after surgery.
- **Weight gain** will increase your risk of surgery and can cause an unfavorable aesthetic result. The procedure may be cancelled if you gain more than 5 lbs between the time the surgeon evaluates you and the day of your surgery.
This rule does not apply to patients who are requested to gain weight for other reasons.
- Please **stop all estrogen-based products:** estrogen oral (by mouth), birth control or Plan B pills, estradiol, estrogen creams, and estrogen injections.

• WHAT TO AVOID FROM TODAY

- **DO NOT take** Excedrin, Alka Seltzer, Goody's powder, Aspirin, Naproxen, Aleve, Motrin, Midol, Ibuprofen, Advil, or any NSAID type medication **4 weeks before surgery and 2 weeks after surgery**. These medications all cause bleeding, which causes complications during and after surgery.
- **DO NOT take** Vitamin E or other "natural" vitamins or medications 4 weeks before surgery. Some examples include Ginkgo Biloba, St. John's Wort, or Ginseng. **No Herbalife products 4 weeks before surgery.** These medications cause bleeding and must be avoided. You are allowed to use iron supplements up to 7 days before surgery.
- **DO NOT take** stimulant-type medications or "workout" / "pre-workout" medications for 3 weeks before surgery. Examples include pre-workout stimulant drinks, creatine powders, Ephedrine, Hydroxycut or any other "weight loss" type of medication. Do not take any herbal teas.
- **DO NOT have unprotected sex** to avoid pregnancy and surgery cancellation.

• MEDICATIONS & SUBSTANCES TO AVOID

- Adderall.
- Painkillers.
- Cocaine, Amphetamine, Methamphetamine or any other recreational substance (kissing or having direct contact with people who use them).
- Weight-loss products (ex: Herbalife, Semaglutide, Phentermine, etc).
- Poppy seeds.
- Alcohol (10 days before surgery).

• GENERAL HEALTH BEFORE SURGERY

- Please drink at least **8-10 glasses of water** during the two days following your surgery. This will improve your hydration and recovery after surgery.
- If you have high blood pressure, diabetes or a thyroid condition and take medications prescribed by your Primary Dr., **you should not stop them under any circumstances.**

• GENERAL HEALTH BEFORE SURGERY

- **Do not save questions for the morning of your surgery.**
We are swamped preparing ourselves for your operation, and the day of your surgery should be a relaxing experience.
- Please call the office before surgery if you develop any **signs of infection**. These can include burning on urination and urinary hesitancy/urgency/frequency (signs of UTI); any coughing, sneezing, runny nose, chest congestion, sinus/ear pressure (signs of an upper respiratory infection); any diarrhea, nausea, vomiting, or abdominal pain (gastroenteritis symptoms).

• THE DAY BEFORE SURGERY

- Drink lots of fluids throughout the day to be well hydrated for the day of surgery (Pedialyte and water).
- **MOST IMPORTANT – ABSOLUTELY:** Nothing by mouth (food, liquids, etc., including water and chewing gum) tonight **after 11:30 PM**.
- Hibiclens antibacterial soap shower daily – **5 days before surgery** – (CVS or Walgreens). Hibiclens will reduce your chances of an infection after surgery.
- If you are **female**, please shave your private parts and lower pelvis (if applicable) to avoid infections during and after the surgery.
- If you are **male**, please shave your private parts, lower pelvis, torso, chest, and back (if applicable) to avoid infections during and after the surgery.
- The night before surgery, shower as usual and then, lastly, use Hibiclens soap (keep on the body for 2 minutes before rinsing).
- In case of pain the night before surgery, only take over-the-counter Tylenol. Follow the recommended dosage.
If pain persists on the morning of your surgery, consult the medical team at Beautyland Plastic Surgery before taking any medication.

- Avoid sleeping aid pills.

• THE MORNING OF SURGERY

- If you take medications for blood pressure, take the medication as early as possible on the day of surgery with a small sip of water. After that, you **cannot eat or drink anything at all**. Otherwise, your surgery will be canceled.

• THE MORNING OF SURGERY

- Before coming to the center, please shower and brush your teeth (**do not swallow any water**).
- Wear no make-up, body lotion, deodorant or perfume.
- Please remove all types of jewelry, piercings, nail polish colors, all acrylic/gel nails (hands only), fake glued strip eyelashes, removable wigs or contact lenses.
- Please remove **dentures** (if they apply to you). Please inform the Anesthesia Provider before the surgery if you have a loose tooth, dental porcelain veneers or composite resin veneers.
- If you have your menstrual period, please wear a regular pad. **Do not wear any tampons**.
- Wear loose and comfortable clothes. Please bring a side bag, a bath robe or dress that opens **only in the front**, and a pair of slippers for after your surgery.
- Avoid alcohol, drugs or any prescribed painkiller.
- Please arrange a **RESPONSIBLE ADULT** to drive you home and stay with you for the first 24 hours after the surgery for supervision, unless you have hired a Private Nurse or stayed at a Recovery House for your aftercare. Surgeries cancelled due to this matter may be subject to a **\$1,500.00** additional fee.
- If you are under 18, you **must** be accompanied by your parents or legal guardian.

• LIST OF SUPPLIES

This Supplies List mentions all the essential medical supplies the Surgeon recommends exclusively during your stay.

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|----------------------|-------------------------|
| • MAXI Pads | • Q-Tips |
| • Moist Wipes | • Conditioner & Shampoo |
| • Tampons | • Arnica Tablets |
| • Bed Pads | • Hand Sanitizer |
| • Gauze | • Facial Tissue |
| • Rubbing Alcohol | • Stool Softeners |
| • Antibacterial Soap | • Body Lotion |

• SUPPLIES COST IN OFFICE

Garment (Faja)	\$150.00
Boards and Foams	\$100.00

• SUPPLIES COST IN OFFICE

Scar Cream	\$100.00
Surgical Bra	\$60.00
Amino Firm	\$75.00
3 Foams	\$60.00
Chin Garment	\$60.00
Arm Garment	\$90.00
Surgical Binder	\$100.00
BBL Pillow	\$120.00
Post-Op Package	\$400.00
<i>1 surgical garment, 3 massages, board and foams</i>	

• LYMPHATIC MESSAGES

1 Massage	\$100.00
3 Massages	\$299.00
5 Massages	\$499.00
10 Massages	\$899.00

• SUPPLIES TO CONSIDER

This list of recommended items is highly recommended but not mandatory. Please note that specific items are needed for a particular procedure. Please do not forget your hygiene supplies, as they are not included.

- Booty pillow to protect your glutes after a Brazilian Butt Lift (BBL). *(Available for sale in the office.)*
- BBL pillows. *(Available for sale in the office.)*
- Lipo foams, 3-4 sheets. *(Available for sale in the office.)*

• SUPPLIES TO CONSIDER

- Maxi dresses or something loose-fitting that's easy to slip on and off after surgery.
- Compression socks that help prevent pulmonary or leg thrombosis. *(Available for purchase in the office.)*
- Compression sleeve(s) for arm lipo. *(Available for purchase in the office.)*
- Zip-front sports bra, for breast surgeries only. *(Available for sale in the office.)*
- Scar cream. *(Available for sale in the office.)*
- Loose pajamas with buttons on the front.
- Easy slip-on shoes or slippers with no laces.
- **HIBICLENS soap** for better wound cleaning. **Highly recommended item.**
- Arnica tablets/gel/cream to help with bruising and swelling.
- Shower shoes.
- Chapstick or Vaseline, something to keep your lips from getting dry.
- Personal hygiene products such as face creams, conditioners, shampoo, deodorant, etc.
- Laptop or reading materials if needed (Wi-Fi is included).



If I can further assist, please do not hesitate to contact me.

We can't wait to meet you!

Sincerely,
Pre-Op Department

This guide provides general pre-operative information and does not replace the specific instructions given by your surgeon.

QUESTIONS BEFORE YOUR SURGERY?

Email, SMS or call

Monday-Friday, 9:00 AM-5:30 PM

BEAUTYLAND PLASTIC SURGERY · MIAMI, FLORIDA