**RESTRICTIONS**

**STOP** all of the following for at least **2-3** weeks before surgery: they are known to increase capillary bleeding, cause excessive bleeding during and after surgery,

and may leading to excessive bruising.

* NOTIFY: when using **Blood Thinners**.
* **NO ASPIRIN**.
* **NO (NSAIDS)** Non-steroidal anti- inflammatories
* **NO Ibuprofen**
* **NO** **Motrin/Excedrin**
* **NO** **Aleve**
* **NO** **Advil**
* **NO** **Goody’s**
* **NO** **BC Powder**
* **NO Vitamin E**
* **NO Multivitamins**
* **NO Fish Oil**
* **NO Herbal Medicines** (black cohash, red rice yeast, etc)
* **NOTIFY:**  when using **diet pills.**
* ALL Tylenol products are OK to take. (Most prescription pain pills are also OK, check with the physician first.)
* DO NOT SMOKE for at least **two months** before surgery, if elective surgery is scheduled. Smoking can lead to extended healing times. It may also lead to necrosis of the surgical site (e.g. Skin dying around incisions).
* AVOID alcohol for at least one day prior to surgery and preferably longer.
* DO NOT eat or drink anything after midnight the night before surgery if anesthesia will be used.
* It is important to limit the amount of salt intake before and especially after cosmetic surgeries, such as facelifts, liposuction, blepharoplasty, and fat injections. (**NOTE**: Soups and crackers have very high salt/sodium content.)
* NOTIFY Dr. Wyble and Anesthesia IF USING ANY DIET PILLS. The use of diet pills without authorization by anesthesia can result in the cancellation of surgery.