

Preparing for Your Cosmetic Procedure

*The following instructions will help prepare you for your cosmetic procedure.
Please read them carefully and follow them exactly.*

- ✓ All **aspirin** containing medications, **salicylates**, **Motrin**, **Advil**, **ibuprofen**, and related non-steroidal anti-inflammatory medications **must be avoided** for four weeks before and two weeks after your procedure. These medications prevent clotting and may worsen bleeding during or after your procedure. If you are not sure if a medication contains these drugs, contact our office immediately. Tylenol (acetaminophen) is safe and may be used for minor aches and pains.
- ✓ **Avoid red wine**, pineapple products, garlic, herbal remedies, any type of shake (protein, energy, green, supplemental), supplements, and vitamin E for four weeks before and two weeks after your procedure. See provided list.
- ✓ **You may not eat or drink anything after midnight before your surgery.** On the morning of procedure, you should take your usual daily medications at their scheduled times with a sip of water. Do not skip your medications unless you are told to do so.
- ✓ Please make sure you drink 8-10 glasses of water the day before your procedure, but nothing after midnight before your surgery.
- ✓ You may not smoke for at least one month before and one month after your procedure. Smoking can cause serious complications and is to be avoided completely.
- ✓ Do not bring any money, jewelry or other valuables with you. The office is not responsible for any lost or stolen items.
- ✓ Wear a button-down shirt the day of your procedure. This will prevent you from having to pull anything over your head.
- ✓ Please pick up all medications prior to procedure.

For Face/Neck lift procedures - If you live more than 30 minutes from our office, you will need to arrange for overnight accommodations at a nearby hotel (please see attached list)

- ✓ Residence Inn:
25 Connector Rd, Westborough
(508) 366-7700
Suite's include a fully equipped kitchen & free wireless Internet access
- ✓ Courtyard by Marriott
3 Technology Dr. Westborough
(508) 836-4800
Rooms include free wireless Internet access
- ✓ Double Tree by Hilton
5400 Computer Dr. Westborough
(508) 366-5511
Rooms include free wireless Internet access
- ✓ Hampton Inn
15 Connector Rd. Westborough
(508) 329-5570
Rooms include free wireless Internet access

When making your reservation, please be sure to let the hotel know you are having surgery and require a first-floor room, as well as extra pillows

For your convenience, there are several nearby restaurants that provide delivery

- ✓ Athens Pizza (508) 393-4111
- ✓ Gourmet Pizza (508) 506-8880
- ✓ New York Deli (508) 366-0230
- ✓ Cheng Du (508) 366-7489

If you have any questions please call the office at 508.366.2020.