

**GUIDELINES FOR OFFICE-BASED SURGERY**

**General Guidelines**

Do not apply any make-up, face creams, or moisturizers on the day of surgery. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt. Please do not bring any unnecessary valuables with you to the office.

**Transportation**

Arrange for transportation to and from the office prior to your surgical date. Typically you will need to arrive at 15-30 minutes prior to your scheduled surgery time.

**Diet**

Avoid excessive intake of garlic and garlic-containing foods in the weeks leading up to surgery. Excess garlic can contribute to unwanted bleeding. We advise a light breakfast prior to office-based procedures (toast and orange juice).

**Prescriptions**

Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever and an antibiotic) prior to your procedure date. If a prescription was not provided, contact our office to have one called in to your local pharmacy. These medications should be picked up before your scheduled date so that you already have them available at home.

If you are undergoing skin resurfacing, there are medications you will need to take prior to surgery. Dr. Hilinski will start you on a skin preparation regimen (prescription topical medication) two weeks prior to your procedure. He will also prescribe you an anti-viral prescription medication to begin taking two days before your scheduled procedure.

**Medications to Avoid**

Our office has a list of 'Restricted Medications' that you need to abide by at least two (2) weeks in advance of your procedure date. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication you are currently taking, please contact our office.

**Follow-up Appointment**

Confirm a follow-up appointment with Dr. Hilinski (usually 4-7 days after surgery but this may vary) by contacting our office at (619) 296-3223.

***I ACKNOWLEDGE UNDERSTANDING OF THE ABOVE \_\_\_\_\_ (PATIENT SIGNATURE)***