



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

PATIENT PRE-OP INSTRUCTIONS

PATIENT: _____

Your Surgery is scheduled for _____ at Newport Beach Surgery Center. **Please arrive an hour early at _____.** Please be flexible for any time change if necessary. The facility will be calling you to confirm you procedure. Please complete the packet that was provided to you by Newport Beach Surgery Center and bring that with you to your surgery. This will generate your medical records there.

Do not eat or drink after midnight. Normally it is all right to take regularly prescribed pills with a sip of water. However, be sure to inform Dr. Lawton of the pills you regularly take. Additionally, do not chew gum or eat candy the morning of your surgery.

Wash your entire body with Hibiclens, Phisophex or Dial Anti-bacterial soap the evening before and morning of surgery. Try to avoid contact with the eyes.

You will need an adult to drive you to and from the surgical facility and stay with you for 24 hours after surgery.

STOP taking: **Aspirin, Ibuprofen and Herbal products or Vitamin E supplements** *three weeks prior and one week after surgery.* Make sure you tell Dr. Lawton if you have mistakenly taken any products that contain aspirin. ****Avoid Jamba Juice/Naked Juice.** Please read all of your instructions that Dr. Lawton provided for you.

Whereas, we do encourage working out and a healthy lifestyle, we do not encourage working out the day prior and the day of surgery.

Wear something comfortable to surgery, no pull over shirts, button down or zippered loose fitting shirts only. Under most circumstances, button front shirts are the easiest for you. Please do not put on makeup the day of surgery. ****Please do not wear any jewelry to the facility.** If you are having cosmetic breast surgery, please remember to bring your bra in a zipped locked back with your name and Dr. Lawton's name on the bag. Dr. Lawton will be putting this bra on you immediately following your surgery.

***** SURGERY AND SMOKING DO NOT MIX *****

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at: 949-640-0999