



**Deborah J. White, MD PC**  
Aesthetic & Reconstructive Surgery

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**PREOPERATIVE PIPER INSTRUCTIONS**

1. **No food or drink** including water, candy or pills should be consumed after midnight before your surgery date, unless instructed otherwise by nurses or Dr. White.
2. Dress in clothes that are easy to get in and out of. We suggest button-down the front, washable items.
3. No alcohol should be consumed for 72 hours before or after surgery, and when pain medications are no longer being used. No aspirin or aspirin containing medications should be taken for 2 weeks before or after surgery.
4. Tylenol products are okay. Tylenol can be fatal! Maximum daily dose is 3000 mg.
5. Have Metamucil, stool softeners, or gentle laxative handy in case of constipation.
6. Have light food; soup, crackers, oatmeal and 7-Up on hand for after surgery.
7. Nausea is a very common side effect people experience after surgery. It is caused in part by anesthesia, but mostly from the pain medication taken after surgery. You will be prescribed a rectal suppository that you can use as directed.
8. For your protection, please leave all valuables and jewelry at home.
9. Please arrange for someone to drive you home when discharged. You must NOT drive yourself. It is important to have someone with you the night of your surgery if you are not staying at the facility. Your surgery will be cancelled if you do not have a ride or do not have anyone to stay with you after general anesthesia. **THIS IS FOR YOUR PROTECTION!** If necessary, you may ask us about hiring a private duty nurse.
10. Pre-operative medications may be resumed immediately following surgery, with the exception of aspirin, aspirin containing medications, Motrin, Advil or Nuprin, which should not be resumed for two weeks following surgery.
11. Fill prescriptions.
12. Shower the evening before and the morning of your surgery. We recommend washing with an antibacterial soap such as Hibiclens, which can be purchased over the counter at any pharmacy. It is a good idea to use this soap in place of your regular soap as this helps cut down on skin bacteria.
13. **DO NOT USE ANY LOTIONS, POWDERS, MAKE-UP, OR NAIL POLISH AFTER SHOWERING!**
14. If there are any questions or problems, please call the office at 480-614-3535

Gate Code: \_\_\_\_\_

Arrival Time: \_\_\_\_\_