

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



NECK PLICATION / LIPOSCULPTURE PRE-OPERATIVE INSTRUCTIONS

You are scheduled for surgery on <TF.ProcAppt.Date > at <TF.ProcAppt .Time> at Alessandro Surgery Center, 73-719 Alessandro Drive, Palm Desert, California.

1. All financial obligations must be fulfilled before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) for two weeks prior to surgery.
4. If you take any medications on a routine basis, please continue to do so, but advise the doctor and his nurse so they can tell you what to take the day of surgery.
5. **YOU CANNOT DRIVE YOURSELF HOME.** Please have a responsible adult pick you up and stay with you for the first 24 hours. Please leave the name and number of the person picking you up at the front desk.
6. Do not wear any jewelry or bring any valuable. Please leave these items home.
7. Do not wear contact lenses.
8. Please remove all eye makeup, mascara, eye shadow, etc. The day of surgery come in with a clean dry face. Wash face the day of surgery and the day before with an antibacterial soap.
9. Wear comfortable clothing that buttons in the front. Do not wear clothing you pull over your head.
10. Please, **DO NOT EAT OR DRINK** after midnight the night before surgery.
11. If you smoke, please try to cut down or stop at least one or two weeks before surgery.
12. No alcohol 24 hours before surgery and then please wait at least 48 hours after surgery.

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**NECK PLICATION / LIPOSCULPTURE
POST-OPERATIVE INSTRUCTIONS**

1. Keep dressings on until doctor removes them.
2. Please keep your head elevated for 48-72 hours after surgery. Sleep with 2 or 3 pillows or in a recliner chair. This is to reduce bruising and swelling.
3. Avoid heavy lifting (great than 10 pounds) or straining for 48 hours or until Doctor tells you that you may.
4. Please take prescription medications as directed. Call office immediately if hives, itching, or other signs of drug allergies occur.
5. Do not self-medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating physician after surgery. Self-medicating could lead to drug toxicity or death. Take your prescription pain reliever as directed. You may substitute, or alternate, plain or extra-strength Tylenol as needed.
6. If you have any questions or concerns, please call the office (760) 837-0364.

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