

General Pre-Operative Instructions

COVID-19

- Minimize contacts with others at least 4 weeks before your surgery to decrease your risk of acquiring COVID-19 (which result in your surgery being cancelled).
- You are strongly encouraged to get fully vaccinated against COVID-19 well in advance of surgery.
- You must call our office and notify us of **any symptoms** you experience within 4 weeks of surgery. If you have any symptoms, please obtain PCR COVID testing as soon as possible. Surgical scheduling is complex and any potential rescheduling needs to be identified early to minimize disruption. After vaccination, COVID infection may present with mild symptoms in some patients (similar to allergies) and it is very important our office is notified about these.
- If you are awaiting test results, please inform our office that you have been tested.
- Please note, with the Omicron and Delta variants causing rapid increases in case counts, and placing significant strain on all healthcare systems, nursing and anesthesia availability may not be as reliable at present. As such, there is a low (but not zero percent) risk of your surgery requiring a last-minute rescheduling to a different day. This is something we will make all efforts to avoid, but could theoretically arise as COVID case numbers increase and hospital/private facility staff become sick, burned out, placed in isolation, or need to stay home to care for a family member.
- Please note, medical grade masks are required for all visits with Dr. McInnes.

General Instructions

- Eat healthy: Vegetables, fruit, lean protein, iron, calcium, and stay hydrated.
- Exercise: strengthen your muscles, get in shape prior to surgery.
- Reduce alcohol intake (eg. less than one standard drink per day).
- **Quit smoking:** absolutely no smoking (or vaping or marijuana) minimum 4-6 weeks before and 4-6 weeks after surgery (ideally, 8 weeks or longer).
 - **If you are smoking, your surgery may be cancelled and there may be associated late cancellation fees.**
 - If you are having trouble quitting, please see your GP/walk-in clinic for assistance.

- **Stop all herbal supplements, naturopathic medications, vitamins, fish/herbal oils etc. at least 3 weeks prior to surgery. These can cause significant bleeding and are unpredictable.** DO NOT take any herbal supplements/oils in the immediate (less than 3 weeks) post-operative period without asking Dr. McInnes.
- Ensure you have stopped any blood thinning medications such as Aspirin or Advil (ibuprofen) if recommended by Dr. McInnes. If you are on complex blood thinners (such as Warfarin, Apixaban, Rivaroxaban etc.) or have complex medical conditions (eg. previous stroke, cardiac stents/pacemaker) you will need to coordinate stopping your blood thinners with the physician who prescribed it and ensure it is safe to stop prior to proceeding with surgery.

Plan Ahead

- Have some soup/soft foods available for after surgery. Stock some easy meals so you don't have to shop or cook for a couple of days after surgery.
- Our office will first book you a day for surgery, however your surgical time will get narrowed down closer to the surgical date. We will attempt to give you an approximate surgical time 2-3 weeks prior to surgery, however, please note this often will change.
 - You will receive a phone call directly from the surgical facility 1-3 days prior to surgery to “finalize” your arrival time and do a health/COVID check. **Please note, your surgical time can change last minute. Please consider your surgery day an “all day” affair and be flexible if your time unexpectedly changes last minute.** Your scheduled surgical time could change less than 24 hours prior to surgery for a variety of reasons, therefore please answer your phone.
- In general, you must be at the surgical facility at least 90 minutes before your surgical time, unless you are the first case of the day (8am or 9am), in which case you should arrive 45 minutes ahead. Simply follow the verbal instructions given pertaining to your arrival time.
- Attend your pre-admission clinic and anesthetic consultation if you are contacted by the pre-admission clinic (many patients are not contacted).
- If required, get your blood tests, x-ray and ECG done well in advance and make sure the results are sent to our office.
- Remove all nail polish and artificial nails. Remove artificial eyelashes if you are having surgery on your face. Remove all piercings.
- Do not shave your underarms for 3 days prior to having surgery on your breasts.

- Purchase:
 - Chlorhexidine soap or antibacterial body wash (can be Germi-Stat 2% or 4%, Dexidin, or Standhexidine)
 - Metamucil
- **You must have an adult drive you home after your surgery and stay with you for at least the first 24 hours after surgery.**
 - **NOTE, you cannot go home via taxi or Uber (facility/hospital policy).**
 - Put a pillow and blanket in the car for the trip home.
- Ideally have some supports arranged at home to help you until you're comfortable managing for yourself after surgery.
- **If you have a new medical condition, cold, facial sore, cold sore, respiratory condition, COVID+ test, or develop an infection prior to surgery, please inform our office ASAP.**
- Review the post-surgical instructions so you are prepared and can have your questions answered.

5 Days Before Surgery

- Shower daily and start to use an antibacterial wash over your hair and body (Germi-Stat 2% or 4%, Dexidin, Standhexidine, or Chorhexidine)
- Metamucil, one tablespoon twice a day.

Day Before Surgery

- Follow any special instructions given to you by Dr. McInnes or the anesthetic doctor.
- In general, nothing to eat or drink after midnight the day of your surgery (no gum, candy, water or anything into your mouth).
- Stop eating solid foods for 8 hours before surgery (includes all dairy products).
 - **If you eat or drink in the morning, your surgery may get cancelled and there may be a late cancellation fee.**
- Children may drink clear fluids up to 4 hours before surgery (water, clear tea, apple juice, cranberry juice – NOT orange juice).
- First use regular soap and shampoo on face and hair, rinse after using. Afterwards, use the antibacterial wash on your hair and entire body. Apply the solution as you would a body wash and rinse after using.

Day of Surgery

- Repeat chlorhexidine body and hair wash (shower in the morning before coming to the facility).
- Wear clean, loose, and comfortable clothing to the surgical facility. Do not wear pullover tops or pantyhose. Wear slip-on shoes.
- Brush teeth and rinse with mouthwash.
- Do not put any other products onto your skin such as lotion, perfume, deodorant, body powder, or makeup.
- Remove all contact lenses, piercings (prior to washing), wigs, hairpins, hairpieces or jewelry, and leave your valuables at home.
- Bring all medication and supplements you are taking with you in the original containers.
- Do not take diabetic medications.
- Bring health card and photo ID to the hospital.
- If staying overnight, have a family member or friend bring belongings after surgery, such as toothbrush, comb, slippers, clean clothes for the next day (label the bag with your name).

After Surgery

- See procedure specific instructions.
- A light diet is best for the rest of the day after surgery. Begin by taking liquids slowly and progress to soups/Jell-O. You may start a regular diet the next day. Please be sure to consume a diet rich in protein after surgery. This will encourage wound healing and may reduce your risk of post-operative seromas.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
- If you develop a fever, redness or increased pain at the surgical incisions, please call us immediately.
- If you develop significant constipation, increase your fluid intake and inform our office (or GP / walk-in).

Driving

- **You should not drive if you are taking narcotic pain medication**
 - For legal reasons, Dr. McInnes never tells his patients when they can or cannot drive. However, you must feel comfortable and fully competent to drive before doing so.

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