



**Dr. Mitchell H. Brown**

Plastic, Reconstructive & Cosmetic Surgery

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## PREOPERATIVE CHECKLIST .....

- Avoid aspirin or aspirin-containing medications for 3 weeks before surgery, as they can increase your tendency for bleeding and bruising. Examples of aspirin-containing medications include: Advil, Entrophen, ASA, 222s, Naprosyn, Vioxx and other anti-inflammatories. If necessary, Tylenol can be used.
- If you are a smoker, try to cut down as much as possible prior to surgery. Nicotine is known to negatively effect healing and scar formation.
- Try to eat a healthy, well-balanced diet in the weeks leading up to surgery. While a daily multivitamin is acceptable, all other supplements and naturopathic medications should be stopped 1-2 weeks prior to surgery.
- Ice packs can be applied to the affected area the first few days following surgery. A simple, effective and inexpensive way to prepare for this is to have one or two bags of frozen peas or corn in your freezer.
- Clothing should be comfortable and loose fitting. Opt for garments that do not go over your head. Also, ensure that all hairpins, wigs and jewellery are removed.
- If appropriate, all patients will receive a prescription for pain medication and antibiotics to be taken after surgery. If you wish to pick up your prescription prior to surgery, let Dr. Brown know and he will have it ready for you at your preoperative appointment.
- Shower and wash well with regular soap the night before and on the morning of your surgery.

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