



John M. Hilinski, M.D.
San Diego Face and Neck Specialties
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PREPARATION FOR AN OFFICE PROCEDURE

General Guidelines

- Do not apply any make-up, face creams, or moisturizers on the day of surgery.
- You should dress in comfortable, loose-fitting clothing. Please do NOT bring any unnecessary valuables with you to the office.

Transportation

- Arrange for transportation to and from the office prior to your surgical date. Taking a taxi home is not an acceptable form of transportation.
- Please arrive to the office at the time of your scheduled procedure.

Diet

- Avoid excessive intake of garlic and garlic-containing foods in the two weeks leading up to surgery. Excess garlic can contribute to unwanted bleeding.
- We advise a light breakfast prior to office-based procedures (for example, toast and orange juice).

Medications

- Dr. Hilinski typically provides you with a prescription for postoperative medication (*narcotic pain reliever and an antibiotic*) prior to your surgical date. If a prescription was not provided, contact our office to have one called in to your local pharmacy. These medications should be picked up before your scheduled date so that you have them available once you get home from surgery.
- Start taking Arnica two (2) days prior to your procedure and continue for a full week after.
- If you are undergoing skin resurfacing, there are medications you will need to take prior to surgery. Dr. Hilinski will start you on a skin preparation regimen (*prescription topical medication*) two weeks prior to your procedure. He will also prescribe you an anti-viral prescription medication to begin taking two days before your scheduled procedure.

Medications to Avoid

- You should avoid taking any aspirin-containing medicine (*including Anacin, Bayer, Bufferin, Ecotrin, and Excedrin*) and non-steroidal anti-inflammatory medicine (*including Advil, Aleve, Ibuprofen, and Motrin*) within two weeks of surgery. These medicines can cause unwanted bleeding and lead to surgical complications. Please refer to our list of restricted medications (separate) for additional information.
- You should also avoid taking supplements such as Echinacea, garlic, ginger, Gingko Biloba, Gingseng, and St. John's Wort.
- Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery.
- If you have any questions regarding medication you are currently taking, please contact our office.

Follow-up Appointment

Confirm a follow-up appointment with Dr. Hilinski.