



**John M. Hilinski, M.D.**  
**San Diego Face and Neck Specialties**  
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## **PREPARATION FOR SURGERY 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 surgery.

### **Transportation**

- Arrange for transportation to and from the hospital prior to your surgical date. Taking a taxi home from surgery is **NOT** an acceptable form of transportation.
- Typically you will need to arrive at least one to two hours prior to your scheduled surgery time. Some centers only require you to arrive 30 minutes prior to the scheduled time. Please confirm this time with our office prior to the surgical date.

### **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.
- Do NOT have anything to eat or drink (*including water*) after midnight the night before surgery.

### **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.