



## PRE-OPERATIVE INSTRUCTIONS

- You may have normal meals the day of your surgery unless otherwise instructed. If you are going to a plastic surgeon for your surgical repair the same day, please follow the directions from their office.
- Please take your regular medications as prescribed by your other physicians. If you take blood thinners, previous instructions should have been received prior to your appointment regarding these medications.
- We recommend a shower the evening before or the morning of your surgery. Please wear comfortable clothing and a shirt that buttons down the front. Please leave any jewelry that may have to be removed at home. We will not be responsible for the safe keeping of any jewelry.
- Do not apply make-up, creams, perfumes, or aftershave lotions the day of surgery.
- If applicable a container for contact lenses and/or dentures should be brought the day of surgery (i.e. surgery on the eyelids or inside the mouth).
- Depending on the location of your surgical lesion, you may need assistance from a driver the day of your surgery. If you have taken any pre-operative sedation, a driver will be required. If you are seeing a plastic surgeon for your surgery, a driver is most likely required following your appointment. Please refrain from bringing more than 2 persons, as space in our waiting room is limited.
- **ON THE DAY OF YOUR SURGERY, EXPECT TO BE IN OUR OFFICE MOST OF THE DAY. PLEASE DO NOT SCHEDULE ANY OTHER APPOINTMENTS OR MAKE OTHER PLANS. YOU MAY BRING A SNACK OR LUNCH (unless you have been instructed not to eat). ALSO, READING MATERIAL IS HELPFUL TO PASS THE TIME. THERE ARE SNACKS AVAILABLE IN OUR BUILDING AND THERE ARE RESTAURANTS LOCATED WITHIN WALKING DISTANCE OF THE OFFICE.**
- Please contact our office immediately if you have health changes between now and the time of your surgery. Our staff is available to answer any questions you may have before your surgery. You may reach our office by dialing 704-375-6766 or 1-800-626-6257.

Please e-mail us with any questions you may have. [admin@goslencenter.com](mailto:admin@goslencenter.com).

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