



Neil J. Zimmel, MD

Certified American Board of Plastic Surgery

14051 St. Francis Blvd., Suite 2209

Midlothian, VA 23114

p: 804.423.2100 • fx: 804.423.2102

www.drzimmel.com • drzimmel@drzimmel.com

Pre-Operative Instructions

The following is a list of instruction that you must follow prior to your surgery:

- Do not take any aspirin or aspirin-containing products, or any Vitamin E for TWO weeks prior to surgery as well as after surgery.
- Do not smoke for at least SIX weeks prior to or following your surgery.
- Do not drink alcoholic beverages for at least ONE week prior to or following your surgery.
- Wear comfortable, loosely fitting clothing (i.e., pull-on-pants, button-down shirts, warm socks, open-front robes or housecoats.) Woman should avoid tight pants, jeans and leggings. Do not wear any jewelry or makeup.
- Have your prescription filled and ready by the day prior to surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT UNLESS OTHERWISE INSTRUCTED TO DO SO.** This includes chewing gum and breath mints.
- Take two showers with antibacterial soap (Dial), one the night before your surgery, and one in the morning. Scrub the areas of the body to be operated upon for ten minutes during each shower, especially under the arms for breast surgery and groin areas for body surgery. (After showering, NO perfumes, lotions, powders, deodorant, etc.)
- For FACE surgery, wash face and neck with antibacterial soap thoroughly the night before and the morning of surgery. Do NOT use hair spray.
- You will need a responsible person to both bring you to the office and pick you up on the day of surgery. **YOU MAY NOT DRIVE YOURSELF UNDER ANY CIRCUMSTANCES.** Leave the name & number of your driver with the nurse.
- **DO NOT TAKE ANY DIET PILLS FOR TWO WEEKS PRIOR TO SURGERY.**
- Remove all body piercings & jewelry.
- Remove contact lenses.

If you have any change in health or any questions, please do not hesitate to call us at (804) 423-2100.