



LAWRENCE M. KOPLIN, M.D., F.A.C.S.
— AMERICAN BOARD OF PLASTIC SURGERY —

OTOPLASTY INSTRUCTIONS

(310) 277- 3223

BEFORE SURGERY

1. **ASPIRIN:** AVOID TAKING ASPIRIN OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY. Be careful; many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **ALCOHOL:** Avoid drinking alcohol for 48 hours before surgery. Alcohol interferes with some of the medications which are given during and after surgery.
3. **SMOKING:** Smoking is **absolutely not permitted** for at least **TWO WEEKS** before or after surgery. If this seems unusually cruel and unfair, please discuss with me personally; **it's that important!**
4. **SUN EXPOSURE:** Do not burn or tan your face for **two weeks** before surgery.
5. **HAIR CARE:** Please shampoo your hair before retiring the night before surgery. If you tint, dye or bleach your hair, this should be done no later than 3-4 days prior to your surgery.
6. **SKIN CARE:** Continue your regular skin care routine. Please wash your face thoroughly before retiring the night before surgery. *Do not wear makeup or moisturizer on the day of surgery.*
7. **MEDICATIONS:** Continue to take your routine medications until the day of surgery. Please check with the office to determine if these medications should be taken on the morning of surgery.
8. **ATTIRE:** Wear a comfortable, loose-fitting shirt or warm-up suit that buttons or zips. You will be more comfortable wearing a bathrobe and slippers. Do not wear pantyhose or high heeled shoes. Do not wear contact lenses of any type to surgery.
9. **VALUABLES:** The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Please do not bring a purse on the day of surgery, but please bring a credit card so we may call in any necessary prescriptions.

10. **ANESTHESIA**: Our anesthesia provider will be calling you on the evening prior to surgery. Patients find it a good opportunity to chat and ask questions regarding their anesthesia, and tend to be more relaxed the following morning. Please try to be home to receive the phone call; if not, let us know where you might be reached.

11. **ILLNESS**: If you become ill or develop any signs of infection on your face, **please notify the office at once.**

12. **DIET: DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE SURGERY.**