

**Plastic Surgical Center P.C.**

Steven B. Black, M.D., F.A.C.S.

*Certified by the American Board of Plastic Surgery*

**PREPARING FOR SURGERY**

- ✓ **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing.
- ✓ **TAKE VITAMIN C:** Start taking 500mg of Vitamin C twice daily to promote healing.
- ✓ **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead, use medications containing acetaminophen (such as Tylenol).
- ✓ **CONFIRM SURGERY TIME:** Call the office at (402) 552-2200 the business day prior to your scheduled surgery to confirm the time of your procedure.
- ✓ **CLEANSING:** The night before surgery, shower and wash your hair.
- ✓ **MAKE-UP:** Please do not wear moisturizers, creams, lotions, or make-up the day of your surgery.
- ✓ **CLOTHING:** Wear only comfortable, loose fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.

**QUESTIONS: If you have questions, please call the office at (402) 552-2200.**

***Personalized Care...Specializing in You***

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