



Dr. Manuel
BELEN
PLASTIC SURGEON

PRE-SURGICAL RECOMMENDATIONS

Some considerations to keep in mind before surgery:

1. ***HEMOGLOBIN*** more than 12g/dl.
2. Have a ***BMI*** less than 35.
3. ***EAT HEALTHY:*** vegetables, grilled or steamed lean meats, fish, fruits, beans and drink plenty of water.
4. ***SUPPLEMENTS:*** Take 1 tablet a day of Iron 325mg and folic acid 5mg for 6 weeks.
5. ***TOXIC HABITS:*** do not smoke cigarettes, Hooka, or drugs, 2 months before surgery.
6. ***DO NOT USE:*** aspirin or anticoagulants without authorization from your doctor.
7. ***DO NOT TAKE:*** vitamins E, D, A, K, Calcium, Omega III, or oral contraceptives, 3 weeks before coming.

YOU SHOULD BRING:

- Comfortable clothes open at the front or baggy clothes.
- Compression socks of an adequate size.
- White cotton t-shirts for use under the garment.
- If you use routine medications: for sleep, high blood pressure, asthma, etc. Bring them.

- Large size (maternal) and disposable intimate towels (PADS).
- Wipes.

THE DAY BEFORE THE SURGERY

- Bathing with chlorexidine soap twice during the 24 hours before surgery.
- Make sure you and your companion have all the personal documents at hand and formalize everything related to your surgery.
- Eat normal until 7 pm and light until 10pm at night. After that diet zero (not eat or drink anything).
- If you have any medical condition such as diabetic asthma hypertension etc. Do not forget your medications in addition to bringing them.

THE DAY OF SURGERY

Make sure you have made all the recommendations of the day before.

Present to the clinic at the scheduled time, for admission and subsequent surgical procedure.