



Michigan Cosmetic Surgery Pre-Op Instructions

6- 8 Weeks Before Surgery: Obtain Your Pre-surgical

- Obtain your History & Physical Clearance Form, blood tests, mammogram, EKG from doctor.
- Send your results via fax (248)948-5556, or email to maria@michigancosmeticsurgery.com.

4- 6 Weeks Before Surgery: Optimize Your Health

- Stop smoking, vaping, hookah or any other activity that diminishes blood flow.
- Discontinue any illicit drugs, diet medications, stimulants, and appetite suppressants.
- Stop taking: Motrin, Ibuprofen, Aleve, Vitamin E, Fish oil, or aspirin. Tylenol is allowed to take.

2- 4 Weeks Prior to Surgery: Medications & Caretaker Plan

- Unless you are Diabetic, stop all diet medications including: ozempic, mounjaro, rybelsus, wegovy, trulicity, bydureon, exenatid, deulaglutide, semaglutide, adipex, and phenteramine. Please contact your anesthesia provider @ 248-607-4949 to discuss your pre-surgery diet.
- Arrange for a caretaker that will pick you up and stay with you for 24 hours.
- Reserve and prepay two weeks in advance for extended six hour (\$385) or overnight stay (\$875)
- Fill all prescriptions and obtain all prescribed medications in advance and bring them with you.

1 Week Prior to Surgery

- Your anesthesia care provider will call you to review your Anesthesia questionnaire, medical history, lab results, and answer any anesthesia related questions.
- Purchase antibacterial cleanser and scrub surgical area daily starting 3 days before surgery.
- Shave your pubic hair area for tummy tuck, thigh lift, or body surgery.
- Purchase stool softener: MiraLAX, Colace, Dulcolax and begin 3 days before surgery.
- Purchase protein of your choice and start at least 30 grams intake protein per day.
- Remove all nail polish especially dark or red nail polish, or dark or long artificial nails.
- Remove all metal including metal hair clips, body piercings, and permanent metal jewelry.

2 Days Before Surgery: Your Cosmetic Surgery Nurse will contact you with your surgery arrival time.

Night Before Surgery: Do NOT eat or drink ANYTHING including water after Midnight.

Day of Surgery:

- Shower to reduce the chance of infection and do not apply any lotion.
- Remove all jewelry, body piercings, and leave all valuables at home.
- Bring your prescribed medications, license, and health insurance card.
- Bring a case for glasses (remove contacts), dentures, Invisalign, or hearing aids.
- Wear a warm zippered sweat jacket and loose sweatpants.
- Plan to provide a urine sample upon arrival.

Surgery Location:

Michigan Cosmetic Surgery, 29110 Inkster Road Suite #250 Southfield, MI 48034

- The Michigan Cosmetic Surgery entry doors are in the rear of building labeled 250.
- Please text your nurse when you arrive so she can greet you and your family.