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Cosmetic and Reconstructive Plastic Surgery

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Preoperative Instructions for Surgeries Under General Anaesthesia

Three weeks prior to surgery

- Stop smoking and all second-hand smoke.
- Stop all alcoholic beverages completely. These thin blood and may cause bleeding.

One week prior to surgery

- Stop all aspirin and blood thinning supplements and vitamins.
- Stop all anti-inflammatory drugs such as Ibuprofen, Motrin & Aleve.
- Make arrangements for whomever will take you to and from surgery.
- Get proper nutrition and rest and do not stay up late or work long hours.

The day before surgery

- Do not eat or take anything by mouth after midnight. This includes water, black coffee, mints, gum or cough drops.
- Shower and wash your hair as usual. Do not use hairspray or hair gel.

The day of surgery

- Wear loose fitting clothing, button-up shirts, elastic waist pants and slip on shoes. Avoid jeans or tight cloths.
- Do not wear contacts, jewels or valuables.
- Do not wear make-up, lipstick, deodorant, nail polish, hairpins, or moisturizer.
- Remove all body piercing.
- You will need a ride to and from surgery. Do not drive your own car and you cannot take a taxi.