

PATIENT INSTRUCTIONS BEFORE SURGERY

Please read carefully and follow the recommendations below before any surgical procedure. Following these instructions is the first step toward proper recovery after surgical intervention.

ONE MONTH BEFORE SURGERY

- Completely stop smoking and using nicotine in any form (cigarettes, electronic cigarettes, IQOS, vapes, etc.).

Smoking is also not recommended during the postoperative period (for at least 6 weeks after surgery). The use of nicotine patches is also discouraged. Nicotine causes blood vessels to constrict and reduces blood flow to certain areas of the body. In surgical sites, circulation already occurs through very small vessels. Smoking further narrows these vessels, increasing the risk of infection and preventing proper tissue healing. In patients who smoke, wound healing is approximately 32% worse compared to non-smokers. This significantly increases the risk of postoperative complications.

- If you are planning breast augmentation (mammoplasty), you must undergo a breast ultrasound or send the results of a previously completed ultrasound to your manager. The examination must be no older than 6 months from the date it was performed.

TWO WEEKS BEFORE SURGERY

- Stop using aspirin (or medications containing aspirin) and any blood-thinning medications.
- Stop taking vitamins, dietary supplements, as well as herbal and homeopathic remedies, unless prescribed by your doctor.
- Stop consuming alcohol.

ONE WEEK BEFORE SURGERY

- Inform your consultant about any accompanying persons, and make sure that a WhatsApp group has been created for you, including you, your consultant, and a patient care team member who will assist you with translation and organizational matters during your stay at the clinic.
- Make sure that your arrival date and time are correct. Also, as a precaution, send the name of your hotel if you have booked accommodation independently.
- If you have any questions, you can get assistance from your consultant and the patient care team.

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THE NIGHT BEFORE SURGERY

- Take a shower and, if your doctor has prescribed medication, take it as instructed. Dinner should be light, and it is important to drink an adequate amount of water.
- Remove nail extensions, all jewelry, and contact lenses.
- After midnight, eating and drinking are strictly prohibited, as well as anything not prescribed by your doctor.
- Prepare a list of all medications you regularly take and provide it to your consultant and the patient care team.
- Always consult your doctor before taking any medication.

THE MORNING BEFORE SURGERY

- Take the prescribed medications after waking up with a small amount of water.
- Eating and drinking are not allowed.
- Do not apply makeup, lotion, cream, mascara, deodorant, body spray, etc.
- Remove all jewelry, contact lenses, and dental prostheses.
- Bring your personal hygiene items and everything you may need.
- Wear comfortable clothing and arrive at the clinic at the scheduled time.

DAY OF SURGERY

- You will be met at the hospital by a member of the patient care team.
- A photo session will be conducted.
- A nurse will review your medical history, and you will also be examined by an anesthesiologist.
- Inform the team if you have any allergies to medications.
- During your consultation with the surgeon, the surgical areas will be marked, and you will be able to ask any questions.
- After that, anesthesia will be administered, and you will be taken to the operating room.

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MEDICATION INTAKE

It is necessary to stop taking blood-thinning medications at least one week before surgery.

ALCOHOL

Alcohol consumption is strictly prohibited.

PRESCRIBED MEDICATIONS

Be sure to inform your doctor about all medications you are taking during your preoperative assessment.

HERBAL SUPPLEMENTS

Many patients are unaware of the risks associated with herbal supplements. Please inform your doctor about all supplements you are using. It is also necessary to stop consuming green tea and herbal teas one week before surgery.

DRUGS / CONTROLLED SUBSTANCES

Please inform your doctor if you use any narcotic substances, including cannabis or cocaine.

VITAMIN E AND ZINC

Excessive doses of vitamin E and zinc may negatively affect the immune system, internal organs, and interact with antibiotics. The use of these supplements is prohibited one week before and one week after surgery.

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