

**PLEASE TELL US IF YOU HAVE  
DONATED BLOOD OR PLAN TO  
DONATE PRIOR TO SURGERY!**

If our surgical facility has not contacted you one (1) week prior to surgery for pre-operative registration & instructions regarding medical clearance, labs and payment, you must call the phone number listed below.

South Miami Surgery Center  
**Suite 120**  
305-596-7494

Surgery Date & Time: \_\_\_\_\_

Your time may change. Our office will call 48 hours ahead to confirm.

Please Arrive by: \_\_\_\_\_

**You will be given Post-Op  
instructions upon discharge.**

## Final Check

Appropriate Photographs	<input type="checkbox"/>
Consent Checklist/ Forms Signed	<input type="checkbox"/>
All Lab and Diagnostic Testing Done	<input type="checkbox"/>
Test Results Faxed to Dr.'s Office (305-271-3227)	<input type="checkbox"/>
Payment Made (2 Weeks Prior to Surgery)	<input type="checkbox"/>

### Safety First:

- Fully accredited through AAAASF and registered with the FL Dept. of Health.
- Board Certified Anesthesiologists.
- Privileges limited to board certified physicians
- Full time MD medical director onsite
- Clinical staff ACLS certified.
- Modern anesthesia equipment and monitors.
- Automated power plant for electrical outages.
- High airflow humidity controlled AC systems.
- Electrical isolation systems for patient safety.
- Hospital grade floors, walls, and ceilings.
- Instrument processing and sterilization onsite.
- Overnight recovery is available and provided by ACLS and state certified RN (please note that RN may be male or female. If you have any preferences please inform the surgery center 2 weeks before your surgery)



6141 Sunset Drive  
Suite 120  
South Miami, FL 33143

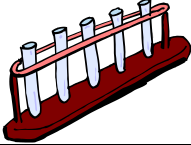



Phone: 305-596-7494  
Fax: 305-271-3227  
E-mail: nursemgr@plasticsurgerymd.net

SOUTH  
MIAMI  
SURGERY  
CENTER

## Pre-Surgery Checklist



## Pre-Operative Testing

 <p><b>BLOODWORK</b></p>	<p>All surgical procedures</p> <p>* Within one month of surgery date</p>
 <p><b>EKG</b></p>	<p>40 years of age or older History of cardiac problems</p> <p>* Within 6 months of surgery date</p>
 <p><b>MEDICAL CLEARANCE</b></p>	<p>55 years of age or older Recommended following review of clinical history</p> <p>* Within one month of surgery date</p>
 <p><b>MAMMOGRAM</b></p>	<p>35 years of age or older and undergoing a breast procedure</p> <p>* Within one year of surgery date</p>

Our office must receive a copy of all pre-operative test results **no later than ten days prior to your surgery date.**

Please fax results to: 305-271-3227

## Over-the-Counter Medications to Avoid

**Aspirin**  
**Aspirin containing products**  
**Vitamin E**  
**Evening Primrose Oil or Fatty Acids (e.g. Flax Seed)**  
**Any Herbal or Holistic medications**  
**Ginger**  
**Cayenne**  
**Bilberry**  
**Garlic or Garlic Pills**  
**Ginkgo Biloba**  
**Ginseng**  
**St. John's Wort**  
**Echinacea**  
**Ma Huang & Ephedra**  
**Kava Kava & Valerian**  
**Yohimbe & Licorice Root**  
**Melatonin**  
**Any Diet Pills/Fat Burners**

Given that these medications and nutrients can cause problems during surgery, it is advisable for patients to **STOP TAKING** the nutritional supplements listed above at least two (2) weeks before surgery.

Please inform your surgeon of all **prescription medications** that you are taking prior to surgery. Your doctor will inform you if you must stop any prescription

## Pre-Operative Do's and Don'ts

**Do** make plans for transportation after surgery.

**Do** arrange for a responsible adult to stay with you overnight if returning home after surgery.

**Do** wear comfortable loose-fitting clothes.

**Do** bring regularly scheduled medications if staying overnight.

**Do** shower with an antibacterial soap (Hibiclens) either the night before or the morning of your planned surgery.

**Do not** wax or shave your axilla or pubic area for 1 week prior to your planned surgery.

**Do not** smoke for at least 2 weeks before & after surgery.

**Do not** drink any alcoholic beverages for 3 days before & after surgery.

**Do not** eat or drink anything after midnight the night before your surgery.\*

**Do not** bring any valuables with you on the day of your surgery.

**Do not** wear any eye makeup, contact lenses or jewelry. Please remove all belly and toe rings.

**Do not** apply any alcohol based products in your hair. And do not dye or perm your hair for at least one week prior to your surgery.

**Do not** apply any deodorant, powder, **cream or lotion** to your skin.

**Do not** apply any dark nail polish or acrylic to your fingernails.

**Do not** use a tampon if menstruating on your day of surgery, instead use a pad.

\* If you take any special medications you may take them the morning of your surgery with a small sip of water, **after checking with your doctor.** If your surgery is scheduled for a later start, you will be given specific instructions by the nurse during the pre-operative registration.