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We hope this resource helps put your mind at ease and feel prepared for your procedure. If you have any questions or concerns our team is here to help. Please don't hesitate to call or text (213) 668-2080.

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

- DO** pick up your medications at least 48 hours before.
- DO** wear clean, loose fitting clothing and shoes that are easily removed and will be comfortable to wear immediately after.
- DO** shower or bathe either the night or morning (or both) before your treatment with a gentle soap. If possible, don't use highly perfumed soaps and shampoos especially ones that contain additional oils or moisturizers.
- DO** brush your teeth and/or gargle with mouthwash.
- DO** take your Gabapentin at 5:00PM and 9:30PM the day before your surgery date.
- DO** bring all your medications with you to your procedure.
- DO** arrange for a designated drive (such as a friend or relative) to drive you home after the procedure. You may not drive yourself home.
- DO** REMOVE all piercings from face and body.
- DO** trim your nails or remove acrylic nails on your right and left index fingers
- DO** bring eyeglasses or contacts along with any storage cases: These will need to be removed before your procedure but can be worn if needed for reading.
- DO** bring any hair ties with your and wear your hair up.
- DO** let Dr. Batal know of any medications you are taking and the schedule when you need to take them. Bring any inhalers or eye drops.
- DO** have a light breakfast the morning before your procedure.

- DON'T** eat or drink anything heavy the night before your procedure.
- DON'T** smoke or drink alcohol 24 hours before your procedure date.
- DON'T** bring any money, credit cards, jewelry or other valuables with you. Leave these at home.
- DON'T** wear lotion, powder, deodorant, makeup, or hair products such as gels, pastes, or sprays.
- DON'T** wear any nail polish on your fingers or toes.
- DON'T** take any supplements the morning before your procedure.
- DON'T** have any caffeine or use any controlled substances before your procedure such as THC or CBD as these could interfere with any pain medications.
- DON'T** be late for your scheduled time.

YOUR SCHEDULED PROCEDURE IS: 7/12/22 AT 8:00AM