

Pre-Surgical Checklist

Ensure you read these instructions carefully prior to your pre-operative appointment and follow them closely.

6 Weeks Before Surgery – Begin Pre-Operative Process

- Discontinue all nicotine products.
- EKG for patients over the age of 65 (our office will text you the order through Klara to complete).
- Click the link to review and complete all steps to the [Pre-Operative Process](#).

4 Weeks Before Surgery

- All surgery fees are due.
 - Review [Surgery Payment Policy and Accepted Methods](#)
- Patients who live within 1.5 hours of the office will need an in-person appointment for photos, blood pressure, and pharmacy details. Breast augmentation patients can try on implants again at this time.
- Patients who live more than 1.5 hours away and are 35 years or older must have their blood pressure taken at home, through their primary care provider, or another acceptable location and sent to our office.
- Arrange transportation for the day of surgery and the first 24 hours after surgery. This person must be a responsible adult over the age of 18. Ensure they can drive you to your first post-op appointment(s).
- Book accommodations (if traveling to Portland) [Click to view discounted hotels](#).

2 Weeks Before Surgery

- Pre-op appointment.
- Fill prescribed medications.
 - [Journavx Coupon](#)
- Avoiding restricted medications such as:
 - **Weight Loss Medications: Semaglutide, Tirzepatide, and Similar Medications.**
 - NSAID: Ibuprofen (Advil, Motrin), Naproxen (Aleve), Aspirin.
 - Herbs, Supplements, Vitamins, and Medications Containing: Turmeric (Curcumin), Vitamin E, Fish Oil, Garlic Pills, Ginseng, Ginger, Ginkgo, Bromelain, Kava Kava, Celery Root or medications containing these compounds.
- Purchase any remaining post-op supplies at www.DrHayesSupplies.com
- Buy Tylenol, Ibuprofen, and Miralax.

2 Days Before Surgery

- After dinner, begin a clear liquid diet. Make sure to drink plenty of fluids (tummy tucks only)

Pre-Surgical Checklist

1 Day Before Surgery

- Do not shave.
- Eat a healthy meal (**except tummy tucks**).
- No solid foods 6 hours before check-in.
- Stop liquids 4 hours before check-in, except for pre-op drink.
- Drink pre-operative drink 2 hours before check-in (**except labiaplasty procedures**).

All tummy tucks (270 and Lower Body Lift) Procedure Additional Instructions:

- Continue clear liquid diet
- At 10:00AM the day before surgery, begin the bowel prep (you will need to be home for this step).
 - Mix 1/2 of MiraLAX bottle (119 grams) in a 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator.
 - Take four Dulcolax tablets.
- At 11:00AM the day before surgery, drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation solution every 15 minutes for a total of four glasses.
- Make sure to drink plenty of fluids and bone broth with added sea salt to taste.
- Take two Journavx before bed (tummy tucks only)

Day of Surgery

- Drink pre-operative drink 2 hours before check-in (except labiaplasty procedures).
- Take one Journavx morning of surgery with a small sip of water (tummy tucks only)
- Brush teeth (no contact lenses).
- Avoid lotions, deodorants, perfumes, and hair products.
- Wear a front-button/zip-up shirt, dark lose pants, warm socks, slip-on shoes.
 - Breast augmentation patients are okay with wearing dark leggings to surgery.
- Bring a jacket.
- Compression stockings (if on supply list for procedure).
- Leave all valuables at home.
- A caregiver must be present to take you home and receive care instructions.

Please contact our office with any questions or concerns (503) 292-9200