

Pre-operation Instructions

A consultation with a plastic surgeon and then a term for an operation can be agreed. The basic requirement for plastic surgery is good and stable health. Plastic cosmetic surgery is not a necessary procedure, but an elective one, so the health requirements for having it done are much stricter than for other surgical procedures.

After booking the surgery date, you need to pay a 20% deposit of the total price within 5 days. Once the deposit is paid, the surgery date is binding for both parties. The rest of the surgery fee is paid on the day of the procedure.

It is necessary to appear fasting to the operation (that means do not drink, eat, smoke since midnight), following complete hygienic measures including **hair washing, without any make-up or skin cream!** Any jewels including earrings should be left at home!

Medicines that increase bleeding (Acylpyrin, Anopyrin or other medicines containing acetylsalicylic acid) should also be stopped 3 weeks before the operation, do not take enzymatic drugs such as Wobenzym, nor food supplements, do not take anti-inflammatory drugs either, many can also thin blood thereby causing increased bleeding during the surgery and significant swelling after it.

You should not take medicines, sprays or creams that contain corticoids for 2-3 months before the procedure, corticoids limit the proper healing of wounds and the scars will not heal. However, corticoids cannot be discontinued at once, you should consult a doctor about this, who prescribes medication for you. Do not take addictive drugs for 2-3 months before the operation, so-called drugs, cocaine, marijuana, heroin, etc.

Stop smoking well in advance of the operation if you are a smoker. Do not drink alcohol for a few days before surgery.

For women is important to know, that there is no need to interrupt stable contraception. The operation should not be planned for the term of your period, because there would be a risk of increased bleeding during the procedure and more swelling of the operated area after the procedure.

The scope of **preoperative examination** is according to the surgeon's instructions and planned anaesthesia. It usually includes laboratory tests of blood and urine, ECG and examination by an internist or general practitioner. **Preoperative examination should not be older than 3 weeks.**

We always recommend **mammography or ultrasound examination** before the planned breast surgery. We can order mammography or ultrasound examinations for you in the Prague mammalogy centre.

After the operation, the patient will have to stay at the department until complete stabilization of the health condition. The patient is released to the treatment at home usually on the next morning after the operation. **We recommend the patients to be accompanied** and especially in case of patients from other town or country it is suitable to arrange for transport by car. **You need to know that 48 hours after surgery under general anaesthesia you must not drive the car.**