



AESTHETIC FACIAL BODY PLASTIC SURGERY  
DR. PHILIP A. YOUNG, MD DR. RIKESH T. PARIKH, MD

We are very excited to achieve your goals. Below are some reminders to help you prepare for your procedure. Please contact us anytime with questions at our office email [contactus@drphilipyoung.com](mailto:contactus@drphilipyoung.com) or office phone at 425-990-3223. You can also call or text our office cell phone at 425-505-0938.

#### **For IV Sedation and General Anesthesia Cases:**

1. Make sure to avoid eating or drinking 6 hours before your procedure. You may take your medications with a sip of water but please clear any medications with us.
2. Prior to this we would like you to have a meal and drink 32-64 ounces of Gatorade (or something with solutes and not just water) then nothing after that 6 hours before your procedure.
3. Avoid blood thinners 2 weeks before and **2 weeks after** the procedure. Here is a list of things you should avoid: <http://www.drphilipyoung.com/pdf/Medications-to-Avoid.pdf>
4. Avoid smoking, drinking, and drug use 2 weeks before and **2 weeks after** your procedure.
5. Please bring all the medications that we have prescribed to you on the day of your procedure and your own medications if you have any as well. **Usually you will get pain, antibiotic & anti-nausea medications.**
6. Read through all of these packets related to your procedure: <http://www.drphilipyoung.com/patient-care/>
7. You will also need to have a caretaker to watch you for 24 hours after your procedure.
8. Also we may have indicated to you that we need to get a medical risk assessment from your **Primary Care Doctor**. Other studies may be requested as well to help you prepare for the procedure. This needs to be done prior to your procedure. Please help us with this as well.
9. To help avoid infections we suggest Preoperative Surgery Showering: Purchase Chlorhexidine Gluconate Antiseptic Solution and shower the evening before and the morning of surgery. Mix 1 part Chlorhexidine with 2 parts shampoo (Baby Shampoo preferably).
10. Also to help prevent infections we recommend Betadine Nasal Swabs: Insert the swab comfortably into one nostril and rotate for 15 seconds to cover all surfaces, then repeat in the other nostril each day. Start three days before your procedure.

#### **For Local Cases:**

1. Your procedure is going to be done under local anesthesia with no sedation.
2. Avoid blood thinners 2 weeks before and **2 weeks after**. Here is a list of things you should avoid: <http://www.drphilipyoung.com/pdf/Medications-to-Avoid.pdf>
3. Avoid smoking, drinking, and drug use 2 weeks before and after your procedure.
4. Please bring all the medications that we have prescribed to you on the day of your procedure and your own medications if you have any as well. **Usually you will get pain & antibiotic medications.**
5. Read through all of these packets related to your procedure: <http://www.drphilipyoung.com/patient-care/>

Sincerely,  
Aesthetic Facial Plastic Surgery