

Dr. David P. Mueller  
Cosmetic Facial and Oral Surgery  
1200 First Colonial Road, Suite #202  
Virginia Beach, Virginia 23454  
Phone: (757) 496-8066 Fax: (757) 496-8766

### **Cosmetic Pre-Surgery Instructions**

1. Please discontinue use of products containing Aspirin two weeks prior to surgery. See attached list for products containing Aspirin.
2. Please discontinue the use of alcohol, including wine, 72 hours prior to surgery.
3. Please discontinue the use of vitamins A and E two weeks prior to surgery. Stop all herbal supplements, especially Ginko Biloba and St. John's Wort.
4. Please review all medications you are currently taking with the doctor including homeopathic medications and vitamins.
5. You must be on an empty stomach eight hours prior to surgery; this includes water. Your doctor will inform you of any medications to take the day of surgery if needed.
6. Please make arrangements to have a family member or friend take you home after the procedure and stay with you for several days. The length of time you will need someone to stay with you depends on your treatment plan.
7. **LASER PATIENTS ONLY:** Begin taking Valtrex or Acyclovir, which will be prescribed to you, 48 hours prior to your surgery.
8. Prescriptions will be given to you on your pre-operative appointment. Please have these filled prior to your surgery date and bring with you the day of surgery.
9. You may be required to have medical clearance and lab work from your primary care physician. This is to be completed and faxed to the office one week prior to surgery.
10. Please remember to wear comfortable clothing and a shirt that buttons in the front due to any head dressings that may be applied. Tennis shoes or shoes that have laces are preferred.
11. Bring wide brim Hat and sunglasses.
12. Please do not wear any jewelry or bring any valuables the day of surgery.
13. It is preferred that you shower the morning of surgery to avoid using products on your face including make-up and mascara.
14. Sunscreen Rain or shine
15. If you have any questions, do not hesitate to call our office at **(757)496-8066**