



BE SCULPTURED

PRE-PROCEDURE INSTRUCTIONS

A. When you book a procedure.....Please call 9906 1555 to arrange a time for the procedure. You will be required to pay a deposit at that time (by credit card, cash or bank transfer) to secure your time.

B. Two weeks before Procedure.....

1. **DO NOT TAKE ASPIRIN OR ANTI-INFLAMMATORY (N.S.A.I.D.) MEDICATIONS** (e.g.Naprosen, Nurofen, Ibuprofen, Voltaren, Feldene or Brufen) for 2 weeks before the procedure and 2 weeks afterwards. For headache and relief of mild pain, please take only Panadol or Panadeine. Do not take special vitamin E preparations, Omega 3, Fish Oil or mega dose multivitamins with large amounts of vitamin E for seven days before the procedure. (These medications may cause more bruising)
2. Please go to one of the pathology collection centres (listed on the back of the request form) at least seven working days prior to procedure date and have the blood tests taken. The results will be forwarded to the surgery. You are welcome to have a copy of the tests for your reference. (As a general rule it takes seven days to get all the tests back.)

C. Two days before Procedure.....

1. Have the prescription filled for the medications ordered, at any pharmacy.
2. Buy some Sapoderm or Gamophen soap (an antibacterial soap) and use this when you shower for two days prior to the procedure. This will decrease the number of bacteria on your skin. However, if you have sensitive skin you may use a soft hypo-allergenic soap or your normal soap.
3. Avoid alcohol for 48 hours prior to the procedure. Alcohol affects the fluids within the body and also leads to more bruising. Avoid alcohol for 48 hours after the procedure as well.

D. The day before Procedure.....

1. Diet and Antibiotic.....Take the antibiotic capsule with a glass of water an hour before going to bed plus another in the morning before the procedure with a sip of water. The remainder of the course of antibiotics is to be taken 3 times a day over the following five days until the course is finished. If your procedure is in the morning, please have a normal but light meal the night before surgery. You should drink water (but no other fluids) up to 2 hours before the procedure, but nothing else on the day until after the procedure. If the procedure is in the afternoon, you may have two slices of plain toast or bread for breakfast and you may drink only water up to 2 hours before the scheduled procedure time.
2. Coffee, Caffeine.....Do not drink fluids containing caffeine for up to 24 hour before surgery, or on the day of surgery.

E. The Day of Procedure.....

1. ****It is essential that you be at the Clinic 30 minutes prior to the scheduled start of your procedure.** Attending late for the procedure may force it to be rescheduled and will result in forfeiting the procedure room fee.
2. Normal medications.....Have your normal medications at the normal time with a small amount of water, unless otherwise instructed. At this time also take your antibiotic tablet that has been prescribed by the Doctor.
3. Clothes.....Wear old, comfortable, loose fitting, dark clothes to the Clinic and bring some old towels. Pants, trousers or tracksuit are advisable. Bring a scarf for neck and chin procedures.
4. JewelleryPlease leave as much at home as possible.
5. Please do not wear nail polish or Shellac
6. Drop-off and pick-up**Please arrange for a friend or relative to accompany you to the surgery, and to pick you up and take you home afterwards. This person should have a contact number in case the procedure finishes early. Someone should be at home with you on the night of the procedure. Please leave a telephone number where you can be reached both before and after the procedure. You will be required to pay the balance for the procedure in full, at the time of the procedure. Credit cards (Mastercard, Visa), cash or bank cheques (only) can be accepted on the day of surgery.

If you have any questions about the procedure, please write them down to be sure you have the full answers beforehand. Please do not hesitate to ring about any queries you have, on 9906 1555 or Dr Heckenberg on 0412394502.