



BE SCULPTURED

PRE-PROCEDURE INSTRUCTIONS

A. When you book a procedure.....Please call 0484 898 977 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 booking, provided it has been 7 days since your second consultation. You will need a written referral from a general practitioner or specialist in order to have any cosmetic surgery who works independently of any cosmetic surgical or non-surgical practice (from 1st July 2023). No deposits may be taken for 7 days after the second consultation as there is mandatory 7 day "cooling off" period.

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 paracetamol or paracetamol with codeine. 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 don't take medications (advised at time of consultation) that may affect the drugs used during the procedure.

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) from any pharmacy or supermarket 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 hypo-allergenic 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 (at least 2 hours prior to your procedure). The remainder of the 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 light meal the night before surgery (before midnight). You may 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 a light breakfast and you may drink only water up to 2 hours before the scheduled procedure time. You must not have anything to eat, including milk or juice or soft drink for 6 hours prior to your procedure.
2. Coffee, Caffeine.....Do not drink fluids containing caffeine for up to 24 hours before surgery, or on the day of surgery. Caffeine may interfere with lignocaine metabolism and increase risk of lignocaine toxicity.

E. The Day of Procedure.....

1. ****It is essential that you be at the hospital 30 minutes prior to the scheduled start of your procedure. Attending late for the procedure may force it to be rescheduled and may result in forfeiting the theatre fee.**
2. Normal medications.....Take your usual morning medications at least 2 hours prior to the procedure 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 procedure facility. Pants, trousers or tracksuit are advisable. Bring a scarf for neck and chin procedures.
4. JewelleryPlease take all jewellery off.
5. Please do not wear makeup, 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 at a different time than expected. 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, 2-3 weeks before the procedure. Credit cards (Mastercard, Visa, Amex), cash or bank cheques (only) can be accepted prior to the procedure.

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 0484 898 977 or Dr Heckenberg on 0412 394 502. (MED0001158434)