

**Jeffrey M. Kenkel, M.D., F.A.C.S.**

Professor and Chair

Betty and Warren Woodward, Chair in Plastic and Reconstructive Surgery

Director, Clinical Center for Cosmetic Laser Treatment

Department of Plastic Surgery

## Clinic Procedure Instructions

### **Important:**

**Stop all aspirin-containing products, NSAIDS (ibuprofen, Motrin, etc.), Aleve, fish oil, vitamin E, and over-the-counter medications for 7 days prior to your procedure.**

**If you smoke you will need to discontinue smoking 1 month prior to your procedure.**

**Notify our office if you are prescribed any blood-thinning medications such as Aspirin, Eliquis, Xarelto, Plavix, Coumadin, Effient, Brilinta, etc. This list is not all inclusive, so please review your prescription medications. You will need to obtain clearance from your prescribing physician before stopping these medications for your procedure.**

- Tylenol is recommended for pain if needed during the 7 days prior to the procedure.
- Procedure will be done in clinic with local numbing injections.
- You may eat and drink meals normally. We recommend that you have a light meal the morning prior to your procedure.
- Please discuss with Dr. Kenkel regarding whether you will need a driver. If you are having a blepharoplasty, direct neck excision, or face/neck revision surgery, please arrange to have a friend or family member drive you home.
- **If you have any questions or concerns please call our clinic to speak with one of our nurses. Our clinic phone number is 214-645-2353.**