



JEFFREY B. WISE, M.D., F.A.C.S.  
Facial Plastic and Reconstructive Surgery  
Hair Restoration Surgery

WISE INSTITUTE  
*for hair restoration*

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## Preoperative Instructions

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1. Avoid taking ASPIRIN or ASPIRIN-CONTAINING products for at least two weeks before surgery. Aspirin interferes with coagulation and can cause excessive bleeding and bruising. Please refer to the “Medications to Discontinue” guide for a complete list of medications and herbal supplements to avoid prior to your procedure.
2. We encourage you to start taking Vitamin A 8,000-10,000 units twice a day starting two weeks prior to your procedure and continue for at least two weeks after. It has beneficial effects on surgical healing and will also fuel your immune system.
3. We encourage you to take Vitamin C 1,000 mg twice a day starting two weeks prior to your procedure and continue for at least two weeks after. This is essential for collagen synthesis, which is part of normal wound healing.
4. Continue to take your routine medications as per usual, unless otherwise instructed by Dr. Wise.
5. For bruising and swelling, our office has provided for you a kit of Arnica Forte, which contains a topical gel and oral tablets. Follow the instructions in the kit.
6. Avoid drinking alcohol for 48 hours before and after surgery. Alcohol interferes with some of the medications that are given during surgery. Do not drink alcohol with prescription pain medication.
7. Avoid sun-exposure/tanning of the operative areas for at least one month prior to surgery.
8. If you smoke, it is important that you STOP SMOKING/using nicotine at least two weeks prior to surgery and two weeks after surgery. Smoking has detrimental effects on tissue viability and healing and may substantially complicate your overall recovery period. You cannot use nicotine gum/patches or vapor cigarettes that contain nicotine.
9. Please make arrangements for someone to accompany you home after surgery and someone to stay with you during the first 24 hours after you return home. Please supply the name and phone number of the person who will take you home upon arrival on the day of surgery.
10. For facial surgery: continue your regular skin care routine as instructed prior to the procedure. DO NOT WEAR ANY MAKEUP or MOISTURIZER on the day of procedure. Hair

color may be used at any time prior to surgery including the day before. Typically for facelift procedures, you cannot color your hair for 4 weeks following your procedure.

11. Please do not bring any jewelry to the office on the day of your procedure. Please remove contact lenses at home on the day of the surgery.
12. The day of your procedure, please eat a light meal and drink. Please do not drink caffeine products. Please wear loose-fitting clothing, zipper or button-tops.
13. Please call our office at 973-305-1400 with any questions.

**Over the counter items to purchase for home use after your surgical procedure:**

**Facelift Procedures**

Mild baby shampoo such as Johnson's  
Bacitracin ointment  
Vaseline  
Anti-bacterial soap such as Dial hand soap

**Eyelid Procedures**

Refresh or Lacrilube eye ointment

**Nasal Procedures**

Nasal saline spray (for example, Ocean Spray)  
Sterile gauze packs (3x3 or 4x4 inch)  
½ inch or 1 inch paper tape  
Vaseline  
Hydrogen peroxide  
Q-tips