



NEWME
PLASTIC SURGERY

PRE - OP INSTRUCTIONS

Dear Patient,

Your Surgery Day is around the corner, and we are excited to help you reach your journey at New Me Plastic Surgery.

We are here to help you navigate the process before and after surgery to ensure you have results you are proud of.

From now on, I will gladly assist you regarding Lab questions, Pre-Operative Processes and Rescheduling.

If you have any questions regarding this matter, please contact me via email, SMS or call (Monday-Friday 9:00 AM-6:00 PM).

WE UNDERSTAND THAT UNFORESEEN CIRCUMSTANCES CAN OCCUR DURING THIS PROCESS. HOWEVER, IT IS YOUR RESPONSIBILITY AS A PATIENT TO COMPLETE THE FOLLOWING REQUISITES:

- You must request time off or vacations from your employer in advance and ensure they are approved. Please remember that since this is elective surgery, the Surgeon DOES NOT fill out Disability or FMLA documents for your employer. We can provide you with a Work Letter Excuse.

- You must reserve the AirBnb, Hotel, or Private Nurse or have a RESPONSIBLE ADULT for your aftercare and the postoperative process in advance.

You SHOULD NOT PLAN TO LEAVE THE CENTER after the surgery without a Responsible Adult in a Taxi, Uber or Lyft. If you do, the Surgeon will cancel the surgery, and a fee will be applied.

(The surgeon recommends staying in Miami or the nearby area for at least 7-10 days after surgery to complete the follow-up.)

- If you have babies or minors in your household, please arrange for someone to care for them during the postoperative process.

- You must be financially prepared to pay for your final balance 15 days before surgery. You can pay with Cash, Cashier Check, Debit, Credit Cards or using Financing Card like Cherry on your pre-op day.

- All labs requested must be in the office 2 weeks before your surgery.

- Please keep in mind that on the day of Pre-Op, you will be charged \$150.00 for the Immediate Pre Op Package: PREGNANCY TEST, NICOTINE TEST and DRUG TEST (THC, COC, MOP, AMP, MET, BAR, BUP, BZO, MDMA, MTD, OXY, PCP, TCA, AND OXI/SG/PH) that will be performed the day of surgery unless you have it included in your Surgery Package.



We will email you the Lab Orders and Medical Clearance Form 30 days before surgery. Please print them out and take them to your Primary Dr. to complete all the lab requirements ASAP. Please ensure your Dr. have them sends the results to the fax listed in the order at least 15 days before your surgery to avoid its cancellation.

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IMPORTANT: THE MEDICAL CLEARANCE FORM NEEDS TO BE FILLED OUT, SIGNED AND STAMPED WITH YOUR DRS. OFFICE INFORMATION TO BE VALID.

If you don't have a Primary Dr. or your Primary Dr. is not available, please follow these steps to avoid any delays, rescheduling or surgery cancellations:

- Please contact your Coordinators Team over the phone call, text or email) ASAP.
- We will send you a link with an invoice of \$120 so we refer you to LabCorp directly to complete the blood work tests. Once the payment is received, PLEASE LET US KNOW so we will email you an UPDATED LAB ORDERS TO BE BILLED TO OUR ACCOUNT.
- If you want to complete your Labs in our office, you must come 2 business days before your Surgery Date from 9:00 AM-2:00 PM.

Service	Requirement / Indication	Location	Price
Bloodwork and EKG	Mandatory for all patients	In Office	\$200.00
EKG Only	Mandatory for all patients	In Office	\$60.00
Medical Clearance and EKG	Mandatory for all patients	In Office	\$150.00
Chest X-Ray	40 years old or older / Present or past medical history of asthma	Different location (Referral provided)	\$45.00
Breast Ultrasound	Depending on your procedure and doctor	Different location (Referral provided)	\$95.00
Diagnostic Mammogram	Depending on your procedure and doctor	Different location (Referral provided)	\$125.00
Cardiologist Clearance	Depending on your procedure and doctor	Different location (Referral provided)	\$200.00-\$350.00

THE PRE OP

The PreOp will be completed the day before Surgery by appointment (9:00 am–4:00 pm). If your Surgery falls on a Monday, the PreOp would be completed the prior Friday, simultaneously. Please bring your physical ID. Otherwise, we won't be able to complete the PreOp, and your surgery will be cancelled.

We understand your time is valuable. We appreciate your patience and collaboration.

HOW TO PREPARE FOR YOUR SURGERY FROM TODAY ON

Please choose one of the two following Groups of Supplements and take them 2–3 times per day starting today:

GROUP #1

(You can find them at any local Supermarket or Pharmacy, Walmart, Target, Walgreens, CVS or ONLINE.)

Folic Acid – 2–3 times per day
Iron Pills – 2–3 times per day
Vitamin C 1000mg – 2–3 times per day
Malt Extract – 2–3 times per day
Sangre de Toro Syrup – 2–3 times per day

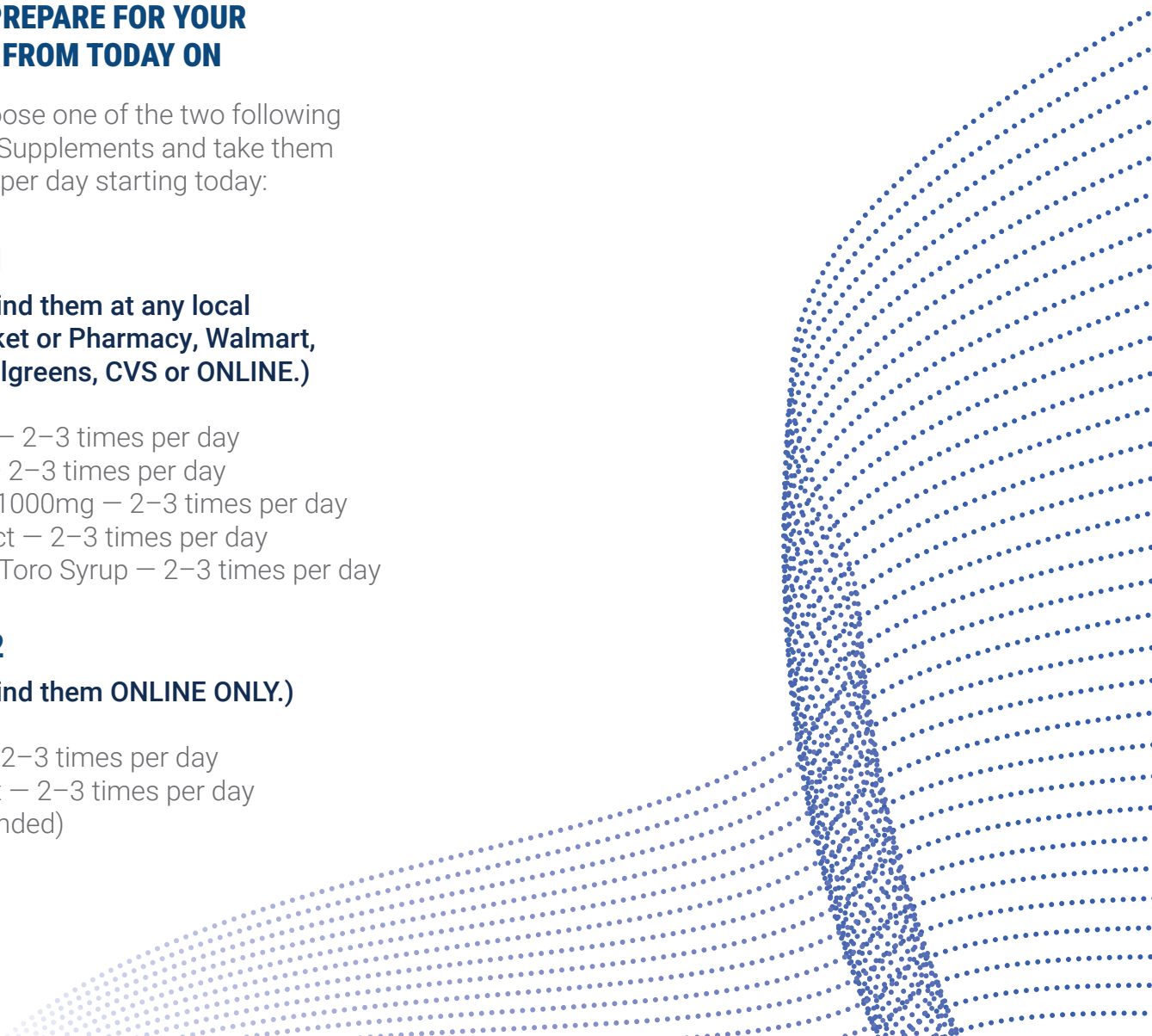
GROUP #2

(You can find them ONLINE ONLY.)

Floradix – 2–3 times per day
Hema-Plex – 2–3 times per day
(recommended)

VERY IMPORTANT: PLEASE AVOID ANY DAIRY PRODUCTS 1 HOUR BEFORE AND 1 HOUR AFTER TAKING THE SUPPLEMENTS (EX: YOGURT, MILK, CHEESE, ETC.). DAIRY PRODUCTS WILL INTERFERE WITH THE SUPPLEMENT'S REACTION.

YOU MUST STOP THESE SUPPLEMENTS 7 DAYS BEFORE YOUR SURGERY TO AVOID BLEEDING DURING AND AFTER SURGERY.



WHAT TO AVOID FROM TODAY

Please review these recommendations to prevent any delays or cancellations of your surgery.

- Cigarettes, Tobacco or Second-Hand Smoke (kissing or being around those who smoke), SMOKING, consuming nicotine in any form, or using unauthorized medications will jeopardize the results of your operation.

SMOKING can cause wounds to separate, resulting in widened and thickened scars, skin necrosis, blood clots, and other complications.

You are not allowed to smoke for 4 weeks before surgery and 4 weeks after surgery. If you test positive for nicotine at your pre-op appointment, your surgery will be cancelled.

- Hookah, Vaporizers, and other Electronic Cigarettes.

- Nicotine Patches or Nicotine Gum.

- Tanning Beds or Direct Sun Exposure. SUN exposure will cause scarring of your wounds after surgery. You CANNOT be exposed to direct sunlight (including tanning booths) for 8 weeks after surgery. Wounds must remain covered during those 8 weeks.

a. If you plan direct sun exposure after surgery, you MUST use sunscreen SPF 50 or higher and reapply every hour.

b. You must use sunscreen on all wounds if there is any risk of sun exposure for 1 year after surgery.

- WEIGHT GAIN will increase your risk of surgery and can cause an unfavorable aesthetic result. The procedure may be cancelled if you gain more than 5 lbs between the time the surgeon evaluates you and the day of your surgery.

a. This rule does not apply to patients who are requested to gain weight for other reasons.

- Please STOP all Estrogen-based products: Estrogen ORAL (by mouth), Birth Control or Plan B Pills, Estradiol, Estrogen Creams, and Estrogen injections.

- DO NOT take Excedrin, Alka Seltzer, Goody's powder, Aspirin, Naproxen, Aleve, Motrin, Midol, Ibuprofen, Advil, or any NSAID-type medication 4 weeks before surgery and 2 weeks after surgery. These medications can cause bleeding, which may lead to complications during and after surgery.

- DO NOT take Vitamin E or other "natural" vitamins or medications 4 weeks before surgery. Examples include Ginkgo Biloba, St. John's Wort, or Ginseng. NO Herbalife products 3 weeks before surgery. These medications can cause bleeding and must be avoided. Iron supplements are allowed up to 7 days before surgery.

- DO NOT take stimulant-type medications or "Workout" or "Pre-Workout" products for 6 weeks before surgery. Examples include pre-workout stimulant drinks, Creatine powders, Ephedrine, Hydroxycut, or any "Weight Loss" medications. Do not take any herbal teas.

- DO NOT have UNPROTECTED SEX to avoid pregnancy and possible surgery cancellation.

• Avoid the following medications and supplements:

- Adderall
- Painkillers
- Cocaine, Amphetamine, Methamphetamine, or any other recreational substance (including kissing or having direct contact with people who use them)
- Weight-loss products (e.g., Herbalife, Semaglutide, Phentermine, etc.)
- Poppy seeds
- Alcohol (10 days before surgery)

• PLEASE drink at least 8–10 glasses of water during the two days following your surgery. This will improve your hydration and recovery after surgery.

• If you have High Blood Pressure,

Diabetes, or a Thyroid condition and take prescribed medications from your Primary Doctor, YOU SHOULD NOT STOP THEM UNDER ANY CIRCUMSTANCES.

• DO NOT save questions for the morning of your surgery. We are focused on preparing for your procedure, and the day of surgery should be a calm and relaxing experience.

• Please call the office before surgery if you develop any signs of infection. These may include burning with urination and urinary hesitancy, urgency, or frequency (signs of UTI); coughing, sneezing, runny nose, chest congestion, or sinus/ear pressure (signs of upper respiratory infection); or diarrhea, nausea, vomiting, or abdominal pain (gastroenteritis symptoms).



THE DAY BEFORE SURGERY

- Drink plenty of fluids throughout the day to stay well hydrated for surgery day (Pedialyte and water).
- MOST IMPORTANT – ABSOLUTELY NOTHING BY MOUTH (no food, liquids, water, or chewing gum) after 11:30 PM.
- Use Hibiclens antibacterial soap daily starting 5 days before surgery (available at CVS or Walgreens). Hibiclens helps reduce the risk of infection after surgery.
- If you are FEMALE, please trim your private area and lower pelvis (if applicable) to help prevent infections during and after surgery.
- If you are MALE, please trim your private area, lower pelvis, torso, chest, and back (if applicable) to help prevent infections during and after surgery.
- The night before surgery, shower as usual and then use Hibiclens soap last (leave it on your body for 2 minutes before rinsing).
- If you experience pain the night before surgery, only take over-the-counter Tylenol and follow the recommended dosage.

If pain persists on the morning of surgery, consult the medical team at New Me Plastic Surgery before taking any medication.

- Avoid sleeping aid pills.

THE MORNING OF SURGERY

- If you take medications for blood pressure, take them as early as possible on the day of surgery with a small sip of water. After that, **YOU MAY NOT EAT OR DRINK ANYTHING. OTHERWISE, YOUR SURGERY WILL BE CANCELED.**
- Before coming to the center, please shower and brush your teeth (**DO NOT SWALLOW ANY WATER**).
- Do not wear make-up, body lotion, deodorant, or perfume.
- Remove all jewelry, piercings, nail polish, acrylic/gel nails (hands only), fake glued strip eyelashes, removable wigs, or contact lenses.
- Remove dentures (if applicable). Please inform the anesthesia provider before surgery if you have a loose tooth, dental porcelain veneers, or composite resin veneers.
- If you have your menstrual period, wear a regular pad. **DO NOT WEAR TAMPONS.**
- Wear loose and comfortable clothing. Please bring a side bag, a bath robe or dress that opens **ONLY** in the front, and a pair of slippers for after surgery.
- Avoid alcohol, drugs, or any prescribed painkillers.
- Arrange for a **RESPONSIBLE ADULT** to drive you home and stay with you for the first 24 hours after surgery for supervision, unless you have hired a private nurse. Surgeries canceled due to this matter may be subject to a \$1,000.00 additional fee.

THE DAY BEFORE SURGERY

This supplies list includes all essential medical items the surgeon recommends exclusively during your stay:

Maxi Pads	Q-Tips
Moist Wipes	Shampoo/Cond.
Tampons	Arnica Tablets
Bed Pads	Hand Sanitizer
Gauze	Facial Tissue
Rubbing Alcohol	Stool Softeners
Antibac Soap	Body Lotion

SUPPLIES COST IN OFFICE

Garment (Faja)	\$150.00
Boards and Foams	\$100.00
Scar Cream	\$100.00
Surgical Bra	\$40.00
Amino Firm	\$75.00
3 Foams	\$60.00
Arm Garment	\$90.00
Surgical Binder	\$100.00
BBL Pillow	\$120.00
Post-Op Package	\$500
<i>(1 Surgical Garment, 3 Messages, Board and Foams)</i>	

LYMPHATIC MASSAGE

1 Massage	\$100.00
2 Massage	\$250.00
3 Massage	\$450.00
10 Massage	\$750.00

SUPPLIES TO CONSIDER

This list of recommended items is highly recommended but not mandatory. Please note that specific items are needed for a particular procedure. Please do not forget your hygiene supplies, as they are not included.

- Booty pillow to protect your glutes after a Brazilian Butt Lift (BBL). (Available for sale in the office)
- We have BBL Pillows. (Available for sale in the office)
- Lipo Foams (3-4 sheets). (Available for sale in the office)
- Maxi dresses or something loose-fitting that's easy to slip on and off after surgery.
- Compression socks that help prevent pulmonary or leg thrombosis. (Available for purchase in the office)
- Compression Sleeve(s) (Arms Lipo). (Available for purchase in the office)
- Zip-Front Sports Bra (For Breast Surgeries only). (Available for sale in the office)
- Scar Cream. (Available for sale in the office)
- Loose pajamas with buttons on the front.
- Easy slip-on shoes or slippers with no laces.
- HIBICLENS soap (for better wound cleaning). Highly recommended item.
- Arnica Tablets/Gel/Cream to help with bruising and swelling.
- Shower shoes.
- Chapstick/Vaseline, something to keep your lips from getting dry.
- Personal hygiene products such as face creams, conditioners, shampoo, deodorant, etc.
- Laptop or reading materials if needed (WiFi is included).

