



IN-OFFICE Procedure Instructions

1. Eating & Drinking

- **Do not fast** — fasting is **not required**.
- Eat and drink fluids the day of your procedure.
- Take all prescribed medications on a **full stomach**.

2. Pain & Anxiety Medication

- Take **1 pain pill** and **1 (or both) Valium pills 1 hour before** the procedure.

3. Antibiotics

- Begin antibiotics prescribed by Dr. Digenis **1 day before** the procedure.
- Continue as directed until completed.

4. For Laser Patients Only

- Begin **Valtrex 3 days before** your procedure.

5. Constipation Prevention

- If taking narcotic pain medication, use an over-the-counter stool softener such as **Colace** or **Miralax** to prevent constipation.

6. Prohibited Medications & Substances

- Review the **prohibited medications list** provided to you.
- Avoid **alcohol** and **nicotine** prior to your procedure.
- **Important:** Failure to follow these instructions may result in your procedure being **canceled** and your deposit **being forfeited**.

7. Pharmacy Prescriptions

- Prescriptions will be sent electronically to your pharmacy **a few days prior** to your procedure.
- Make sure we have your **correct pharmacy location** on file.
- Follow the start instructions for each medication.
- Bring all medications with you on the day of your procedure.

8. Transportation

- **You must** have someone drive you to and from your procedure.

9. Post-Op Appointment(s)

- Most patients return for **suture removal** approximately **6–7 days** after the procedure.

We are so excited for you!

— The Digenis Plastic Surgery Team