



**Dr. Robert L. Shenker**  
B.Sc.(Hons), M.Sc., M.D., F.R.C.S.C.  
Plastic Surgeon

**The Cosmetic Surgery Clinic**

50 Albert Street  
Waterloo, ON, N2L 3S2  
Telephone: 519-746-1132  
www.drshenker.com

## Pre-Operative Checklist

Please carefully follow the instructions below to avoid cancellation of your surgery.

- You will be asked to sign an electronic consent form on the day of your surgery.
- All blood work and ECG (Electrocardiogram) tests must be completed 2 weeks prior to surgery (if requested)
- All outstanding fees pertaining to surgery must be paid 2 weeks prior to surgery.
- A ride to the Cosmetic Surgery Clinic and home should be arranged for the day of surgery. You cannot drive home or take a cab. You have to have someone with you for the first 24 hours after surgery.
- You must arrive for your surgery freshly showered, the day prior to and the morning of using an antibacterial soap or a cleanser you may have been provided with. Please do not shave areas of incision or apply any lotions or creams afterwards.
- Wear loose clothing; button up or zipper tops are ideal.
- Please remove all Jewellery prior to surgery.
- If you are having facial surgery, it is suggested that you bring a hat, sunglasses and a scarf for after surgery.
- Ensure that you take your regular medication(s) at the assigned time on your prescription(s). If you must take them on the morning of surgery, please ensure only a minimal sip of water.
- Ensure that you take the prescribed anti-bruising medication 2 days prior to surgery. Take 5 tablets, 3 times per day. Allow the medication to dissolve under tongue.
- Do not eat or drink anything after midnight the night before surgery. This includes chewing gum or sucking on candy.

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- In order to minimize risk of blood clots in your legs or lungs, Dr. Shenker strongly recommends that you stop all hormone replacement therapy and oral contraceptive pills 2 weeks prior to surgery and that you start them again 5 days after surgery.
- Please refrain from taking the following medications one week prior to surgery as they may increase the likelihood of bruising or bleeding after surgery: Advil, Motrin, Celebrex, Excedrin, Aspirin, Coumadin, Garlic Pills, St. John Wort, Red Wine, Plavix, Vitamin E, Ginseng, Don Quai and Papaya.

**PLEASE NOTE:** Smoking increases anesthetic difficulties and breathing problems. It is very important that you decrease your smoking as much as possible prior to surgery. It would be appreciated if you would start to decrease your smoking as soon as surgery is booked.

- In addition, smoking may impair your body's ability to heal properly from surgery.

**Unless you have been instructed different by Dr. Shenker:**

- You have stopped smoking at least three months prior to surgery.
- You are aware the day of surgery you will have a urine test.
- Positive tests will result in cancelling your surgery with no refund.

**If you wish to re-schedule when you are 3 months smoke free a 2500.00 re-scheduling fee will apply.**

Please arrange to arrive at The Cosmetic Surgery Clinic on \_\_\_\_\_ at \_\_\_\_\_ am/pm

So that surgery may begin at \_\_\_\_\_ am/pm.

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