



AESTHETICA CLINIQUE LLC  
801 Pacific Ave.  
Tacoma, WA 98402  
253.627.1001

## **PRE-OP CHECKLIST/INSTRUCTIONS**

Surgery Date:  
Check-in Time: TBD (will confirm exact time day before surgery)  
Location: Avalon Clinic  
6103 Mt. Tacoma Dr. SW  
Lakewood, WA 98499  
253.582.8486- phone

Testing to be done: Blood work  Yes (if so, date completed\_\_\_\_)  No  
Mammogram  Yes (if so, date completed\_\_\_\_)  No  
Urine Test  Yes (if so, result/date\_\_\_\_)  No\*  
\*Hysterectomy/tubal date\_\_\_\_\_ patient initials\_\_\_\_\_

Following are a few reminders for your surgery:

- **You will need someone to drive you to and pick you up from your surgery. You will also need this person to stay with you at least 24 hours after surgery.**
- **Shower morning of surgery and use antibacterial soap on all surgical areas.**
- **Drink plenty of fluids the night before your surgery but DO NOT DRINK anything within 4 hours of your surgery OR EAT ANYTHING within 8 hours of surgery. Do not drink alcoholic beverages or take recreational drugs 48 hours prior to surgery**
- **Do not take aspirin or aspirin product for 1 week BEFORE and AFTER surgery, unless otherwise instructed by your physician. After your surgery, you may take your prescribed pain medication for pain control or any Tylenol products ONLY. (No aspirin, Advil, Ibuprofen, etc.)**
- **You will be receiving prescriptions from our office. PLEASE HAVE THESE filled prior to your surgery AND BRING THESE WITH YOU TO YOUR SURGERY! If you have any allergies to ANY medication, please let us know. If you have been given a valium please take at least 1 hour before your arrival time.**
- **If you are taking medication for your breathing, seizure, heart disease or blood pressure, take them the morning of surgery with a SMALL SIP of water. If you use an inhaler, bring it with you.**
- **If you are diabetic, DO NOT take any pills or insulin the morning of surgery. If your surgery is later in the day, we will give you further instructions.**
- **For your safety, the following must be removed prior to surgery: All jewelry & body piercings, contact lenses (including extended wear), wigs/hairpins/hair clips, removable dental pieces/bridges/etc., all nail polish and makeup.**

**\*\*NOTE:** The above instructions MUST be followed, otherwise your surgery may be cancelled! The Anesthesiologist will go over additional pre-op information the day of your surgery. As always, please contact us at 253.627.1001 with any questions! If after hours, you may reach Dr. Potyondy at 253.448.0057. We look forward to providing you the best medical care possible.