Preparing For Procedures at Outpatient Surgery Centers

If your Procedure is scheduled to take place in the office setting, please refer to the separate set of instructions.

The following guide is meant to assist in preparing for surgeries performed at **Accredited Ambulatory Surgery Centers** which are referred to as Outpatient Surgery Centers. At Reddy Aesthetics, we apply the principles of **ERAS (Enhanced Recovery After Surgery)** to all our procedures.

2-4 Weeks Before Scheduled Procedure

By this point, your procedure will have been explained in detail to you by Dr. Reddy or the Staff at Reddy Aesthetics.

In order to prepare for surgery, I recommend the following measures:

1. Although smoking rates have significantly declined over the past decades, combustible Nicotine products continue to be used by at least 20% of Americans. Even if you are an occasional or “light” smoker, it is mandatory that one stop smoking at least 3-weeks prior to any surgery. This applies to vaping of nicotine products as well. You may continue with Nicotine patches or gums as these do not impact wound healing.

2. **Blood thinners such as Exparil or ASA (Aspirin)** are to be stopped 1-week prior to surgery unless otherwise instructed by Dr. Reddy or your PCP.

3. **Semaglutide or GLP1-RAs are to be stopped at least 3-weeks prior to surgery.** These medications are commonly known by their brand names Ozempic, Wegovy, or Rybelsus.

4. We expect all patients undergoing elective surgery to be able to resume walking the day following the procedure for at least 15-minutes three times daily. It is useful to practice walking or a moderate degree of exercise for several weeks prior to one’s procedure in order that you may easily resume this activity after surgery.

5. It is useful to start a generic multivitamin tablet 2-weeks before the procedure. If you are already using vitamin supplementation or are confident in your diet, this step is not necessary.

6. For patients over 40-years of age, I recommend undergoing routine blood work and an EKG at least 2 to 3-weeks before your scheduled procedure. This allows adequate time for additional work ups if indicated by the labs or EKG. This may be waived if the anesthesia service does not require it.

7. Stocking up on supplies and recovery aids as well as making preparations at home at least a week before your procedure.

8. **Approximately 1-week prior to your procedure, you should have undergone a telephone assessment by the Northside Pre-op Nurses.** This is usually a 20-minute interview during which the Nurse will assess that you are ready for anesthesia and surgery.

9. We generally provide the **Informed Consent(s)** for the procedure by email approximately a week prior to surgery. This allows adequate time to review the consent form as well as to have questions answered.

1-2 Days Before Procedure

1. **Hibeclens showers** the day before and, when possible, the morning of the procedure.

2. Meal rich in complex carbohydrates the evening prior to the procedure (carb loading). You should prepare for the procedure as though you are going to be running a marathon.

3. Stay well hydrated the day before the procedure keeping in mind that **you are to refrain from drinking or eating after midnight the night before your procedure**.

4. Generally, one may continue taking routine medications the day before the procedure. Exceptions to this include medications for hypertension in which case the Pre-op nurse will instruct you on whether this should be taken the morning of the procedure or at an adjusted dose.

5. The medications for recovery after your procedure will have been prescribed to your preferred pharmacy and will be available for pick up at least 2-days before your scheduled procedure. If for any reason you have not picked up your prescriptions, please contact our office at **404-481-5089** and let us know.

6. **If you are undergoing body contouring procedures with lipoplasty (Power Assisted Liposuction etc) it is useful to have extra puppy pads at home.** These may be placed on chairs, couches, or your bed for 1-2 days after the procedure as some drainage is expected after liposuction.

7. **If you are a Diabetic, you will receive specific instructions from both your primary care physician as well as the Pre-op Nurses well in advance of the procedure.**

8. If you have small children, please arrange to have help at home for at least a week after your procedure. One may take similar measures for the care of pets.

Morning of the Procedure

1. **Please present to the Surgery Center in a timely manner prior to your scheduled procedure. This is usually 2-hours before the procedure.** For example, if your procedure is scheduled for 7:30 am, it is best to present it to the Surgery center at 5:30 am. This allows ample time for the nurses to review and verify your medical database and to start IV fluids etc. In addition, you meet with the Anesthesia service who will determine the best strategy for anesthesia.

2. I recommend wearing **comfortable loose fitting clothing** such as a warm up or jogging suit with a front zippered top and bottoms with a drawstring waist. This allows one to easily put on clothing over any compression wear that may be applied immediately after the procedure.

3. **Do not wear contact lenses, jewelry, or nail polishes to the procedure**. Nail polish and artificial nails interfere with patient monitoring equipment. If you cannot remove all the nail polish, at least remove the nail polish on the index finger of both hands.

4. Please bring your **Driver's License and Health Insurance Card** to the Surgery center as this is sometimes required to confirm identity. Although your procedure is not covered by Insurance, it is sometimes useful for the Surgery Center to have this information on hand.

5. You can be dropped off at the Surgery Center and we will record your family/friends contact information in order to provide periodic updates as well to let them know when the procedure is complete.

6. You will have to make arrangements for transport from the Surgery Center back home after the procedure. You may not use a rideshare service for this purpose. It is highly recommended that a responsible adult such as a family member or friend pick you upr from the Surgery Center at the time of discharge.

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The following are the addresses for the Outpatient Surgery Centers used by the Reddy Aesthetic Institute:

Meridian Mark Outpatient Surgery Center
5445 Meridian Mark Rd
Suite 100
Atlanta GA 30342

Northside Hospital Sandy Springs Outpatient Surgery Center
975 Johnson Ferry Rd NE
Suite 160
Atlanta GA 30342

Northside Midtown Surgery Center
1110 West Peachtree Street NW
Suite 1200
Atlanta GA 30309