



INFORMATION ON YOUR SURGERY

This document contains all the information you need for your upcoming surgery, including a checklist for the days leading up to your surgery as well as after it. We have also included links to items that you'll need for your post-surgical recovery. This document is meant to be a quick overview to help your surgical journey go smoothly. You will receive more detailed instructions separately. Please review it carefully and let us know as soon as possible if you have any questions.

ACTION ITEMS LEADING UP TO SURGERY:

6 WEEKS BEFORE SURGERY:

- ☐ Stop the use of tobacco products, including cigarettes, cigars, pipes, chewing tobacco, nicotine gum, e-cigarettes, pens, vapes, hookah, nicotine patches, etc.
- ☐ Stop all recreational drug use.

4 WEEKS BEFORE SURGERY:

- ☐ Stop the use of birth control pills.
- ☐ Start taking iron supplements (Hema-Plex, Floradix, etc.)
- ☐ Complete the Medical Intake form and send it to gaby@revitalize.vip

2 WEEKS BEFORE SURGERY:

- ☐ Get a Medical Clearance for Surgery – You will need to get medical clearance, including labwork for surgery, from your primary doctor. If you need a doctor to perform these tests, we can refer you to a doctor for clearance and lab work.
Once the labs are completed, please send the lab results to the surgical coordinator, gaby@revitalize.vip, so we can review them. Please confirm with the surgical coordinator that it was received.
- ☐ Stop all blood thinners, including Aspirin and Ibuprofen.
- ☐ Stop taking Vitamin E, Fish Oil (DHA/EPA), weight loss supplements such as Phentermine, antioxidants, green tea products, or other 'natural' vitamins and herbal medications.

1 WEEK BEFORE SURGERY:

- ☐ Stop consuming alcohol.
- ☐ Pick up the prescriptions that Dr. Quintero sent to your pharmacy.
- ☐ Order items from our surgery item shopping list using the Amazon link below.

1 DAY BEFORE SURGERY:

- ☐ The medical assistant will call you at the time of the surgery.
- ☐ You will receive an email with instructions from the medical assistant.

THE NIGHT BEFORE SURGERY:

- ☐ Shower with Hibiclens Antibacterial and Antimicrobial skin cleanser. Follow the instructions on the bottle.
- ☐ Take 1 tablet of Gabapentin before going to bed.
- ☐ Do not eat or drink anything eight hours before your scheduled surgery time.

DAY OF SURGERY:**THE MORNING OF SURGERY:**

- ☐ Shower with Hibiclens Antibacterial and Antimicrobial skin cleanser. Follow the instructions on the bottle.
- ☐ Take 1 tablet of Gabapentin with a sip of water
- ☐ Take your daily medications as instructed by your surgeon with a sip of water in the early morning.
- ☐ You may brush your teeth, but do not swallow the water or mouthwash.

ACTION ITEMS FOR AFTER SURGERY:**1 WEEK AFTER SURGERY:**

- ☐ You may consume alcohol one week following your surgery

2 WEEKS AFTER SURGERY:

- ☐ You may continue taking Vitamin E, Fish Oil (DHA/EPA), weight loss supplements such as Phentermine, antioxidants, green tea products, or other 'natural' vitamins and herbal medications.
- ☐ You may continue with Birth Control Pills.

6 WEEKS AFTER SURGERY:

- ☐ You may continue the use of tobacco products, including cigarettes, marijuana, cigars, pipes, chewing tobacco, nicotine gum, e-cigarettes, pens, vapes, hookah, nicotine patches, etc
- ☐ Stop all recreational drug use

WHAT YOU'LL NEED FOR YOUR SURGERY:

Use these links to purchase items in our Amazon Shopping list needed for your surgery and recovery. You should order these items at least one week before surgery so they arrive on time. You'll need to bring some of these items to the surgery and have others at home for your recovery.

[Click here for Female patients \(body\)](#)

[Click here for Male patients \(body\)](#)

[Click here for Facial Surgeries](#)

- ☐ BBL Pillow if you're having fat transfer to your butt or hips
- ☐ Arnica Cream with DMSO for bruising
- ☐ Medical Tape
- ☐ Chucks Bed Pads
- ☐ Abdominal Pads
- ☐ Adult diapers
- ☐ Breathing exerciser
- ☐ Hibiclens soap

BRING THE DAY OF SURGERY:

- ☐ BBL pillow (if you are having a bbl procedure)
- ☐ Large Disposable Chuck pads for the car
- ☐ Medications from your pharmacy
- ☐ Adult Diapers x 2
- ☐ Your prescriptions so the doctor can review them with you

ITEMS FOR YOUR HOME RECOVERY:

- ☐ ABD Pads
- ☐ Large Disposable Chuck pads for your bed.
- ☐ Adult Diapers
- ☐ Medical tape
- ☐ Pedialyte or an electrolyte drink of your choice, Gatorade, Poweraid, etc

You will be provided with 2 Post Operative garments (Fajas) sized for you and selected for your procedure type. We offer extra garments/vests for purchase if you want additional pieces for laundering.

ABOUT YOUR SURGERY:

YOUR SURGERY TIME:

The surgical coordinator will send you this information one day before your surgery date. When you arrive, you will meet the surgical team, review the procedure with Dr. Quintero, have some routine tests done, including nicotine, alcohol, and drugs, and undergo any necessary pre-operative assessments.

YOUR SURGERY LOCATION:

You will be informed of the surgical location 3-5 days before the surgery date.

GETTING TO THE SURGICAL CENTER:

You may come to the center alone in an Uber or be dropped off by your companion/caretaker on the day of your surgery. You must have a companion/caretaker pick you up after surgery and bring you to your accommodations. Your companion/caretaker can be a friend, family member, significant other, or a hired nurse/nursing service. In cases where no one is available to help you, we can provide you with options for nursing services. Please let us know if you need this service so we can assist you.

PATIENT PICK UP:

Your companion/caretaker will receive postoperative instructions, including medication information and helpful tips for recovery. By law, patients are not allowed to leave the surgical center alone as they will be under the residual effects of Anesthesia. Typically, we ask the caretaker to be with the patient during the first 48 to 72 hrs to ensure you have all the help you need.

AFTERCARE:

You and your caregiver will receive instructions and tips for your post-surgery recovery, including a schedule of medications. You will also be scheduled to see Dr. Quintero for follow-up visits one day after surgery, one week after surgery, one month after surgery, and 3 months after surgery. Follow-up visits are crucial to monitor your healing process and ensure you're recovering properly. We will track your progress and address any concerns you may have. For our out-of-town patients, the first two postoperative visits are done while you are in town immediately after surgery. The other follow-up visits can be done remotely.

POST OP APPOINTMENT:

Your first post-operative appointment will be held at the Revitalize office in Hallandale:

Revitalize Cosmetic Surgical Arts
800 SE 4th Avenue
Suite 502
Hallandale Beach FL 33009

Once at the garage gate, press 0502, and you will be let in to park. Drive to the 5th floor to park, and we'll come out to let you in.

Come to the appointment as you are, and Dr. Q's team will assess your progress and change your dressings. Your first massage should be scheduled for after your first follow-up visit.

POST-SURGERY MESSAGES:

Getting massages is one of the most important things for your aftercare to receive the best results. Our team will match you with a massage therapist specifically trained in post-operative care. The therapist will come to your location and accommodate your schedule. You will contact them directly to set up your massage times. We encourage you to schedule your massages starting the day after surgery and receive them for at least ten days.