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DR. DARON PRAETZEL
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PRE-OP INSTRUCTIONS FOR SURGERY PATIENTS

****DO NOT EAT OR DRINK ANYTHING AFTER 8 PM THE NIGHT BEFORE SURGERY**** *(This includes gum or candy)*

****NO NICOTINE, TOBACCO OR MARIJUANA THE MORNING OF SURGERY**** *(This includes chewing tobacco)*

You **MAY NOT** drive yourself or take a rideshare or cab home from your surgery. Make arrangements for someone to drive you home. Your driver and the car must remain on our property for the entire duration of your surgery.

You **MUST** have someone remain on the property while you are having your surgery. They may wait in the waiting room or in their car. For patients under 18, a parent or legal guardian (through the court) will have to sign the surgical consent form and remain in the office during the procedure.

ALL jewelry, piercings (tongue, lip, nose, ear rings) and dentures need to be removed prior to surgery.

NO weapons including pocket knives allowed in the surgery rooms.

NO cell phones or smartwatches permitted in the surgery rooms.

Wear loose fitting clothing. If wearing long sleeves, they must be able to be rolled up past the elbow. No turtlenecks or hoodies please.

Do not wear lipstick, heavy makeup, lotion, or perfume on the day of surgery.

Please brush your teeth the morning of surgery

INSTRUCTIONS FOR MEDICATIONS:

If you currently take any medications, please bring a medication list with you to your surgery.

If you take prescription medications for blood pressure or a heart condition, **TAKE these meds with a very small sip of water the morning of surgery.** In addition, any seizure medications, thyroid or medications for Parkinson's disease can also be taken the morning of surgery. ***DO NOT** take any anxiety or pain medications unless cleared by your surgeon.

If you take any blood thinners or bone medications please notify your surgeon.

If you have asthma or COPD and use an inhaler, please use morning of surgery.

DIABETICS: If you are diabetic and take oral medications such as Metformin, skip your morning dose and resume after surgery. If you take **INSULIN**-take **1/2 of your normal dose the night before surgery and NONE the morning of surgery.** Take a fasting blood sugar morning of surgery and notify the nurse of your reading.

PRE-MEDS - Antibiotic prophylaxis prior to dental or oral surgery is no longer required in all total joint replacement patients. Pre-op antibiotics should only be considered if required by your orthopedic surgeon. Antibiotic prophylaxis is only indicated for prosthetic heart valves, congenital heart disease or those at risk for infective endocarditis. Consult your cardiologist if you have any questions regarding pre-medications.

You should not drive a vehicle, operate any machinery or make any legal decisions for 24 hours following anesthesia. If you have had any changes in your medical history or medications since your previous visit, please contact our office. If you have an illness such as a cold, sore throat, stomach or bowel upset - please notify our office. **IF AN UNFORSEEN CIRCUMSTANCE REQUIRES YOU TO CHANGE OR CANCEL YOUR SCHEDULE APPOINTMENT, WE ASK THAT YOU PROVIDE 48 HOURS NOTICE.**

If you have any questions regarding these instructions please call our office 501-623-4485.

PRE AND POST-OPERATIVE INSTRUCTIONS Morpheus8

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office.

Please read these instructions before and after your surgery. Carefully following these guidelines will help you obtain the best possible result. Take this information with you on the day of surgery so you can begin following the instructions that day. If you have questions, do not hesitate to contact our clinic. We want you to have a pleasant and enjoyable experience.

GENERAL INFORMATION

Morpheus 8 is a microneedling device that utilizes radiofrequency energy to remodel and contour the face and body via subdermal adipose remodeling. This fractional treatment penetrates deep into the skin and fat for a smoother and sleeker appearance.

PRE-TREATMENT PREPARATIONS:

- Avoid skin irritation or intentional skin tanning. Sunscreen is advisable when outdoors during daylight hours
- Discontinue any irritant topical agents such as retinols for 5 days prior to treatment
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated
- The following are precautions to procedure. If you have any listed below, please discuss with Dr. Praetzel or staff
 - Pacemaker/defibrillator
 - Metal implants in treated area
 - Current history of skin cancer/other cancer/ pre-malignant moles
 - Severe concurrent medical conditions (i.e. Cardiac Disorders)
 - Pregnancy or Nursing
 - Impaired Immune System
 - Diseases stimulated by light (i.e. Lupus, Porphyria, Epilepsy)
 - Skin disorders (i.e. Psoriasis, Eczema, Keloids, abnormal wound healing)
 - History of bleeding coagulopathies or use of anticoagulants in the last 10 days
 - Use of medications/herbs inducing photosensitivity
 - Fraxel laser resurfacing/deep chemical peels within the last 3 months
 - Needle epilation, waxing or tweezing within last 6 months
 - Tattoo or permanent makeup
 - Intra-dermal or superficial sub-dermal areas injected with Botox/HA/Collagen/fat injections or other augmentation methods with bio-material, before the product has been dissipated (up to 6 months), except Botox after binding to the facial muscles (3-7days)
 - Facial surgery within a year prior to treatment
 - Poorly controlled endocrine disorders, such as diabetes or thyroid dysfunction and hormonal virilization
 - History of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area (may be treated only following a prophylactic regimen)

POST TREATMENT CARE:

- Immediately after treatment, most patients will experience erythema (redness) for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate edema (swelling) and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on treatment settings.
- Before discharge a topical ointment or mask may be applied to the face, no bandages or wraps are necessary.
- There are no restrictions on bathing except to treat the skin gently, avoid scrubbing or trauma to the treatment area.
- Avoid sun exposure to reduce the chance of hyperpigmentation
- The use of zinc oxide sun block SPF 30+ at all times after 24-48 hours
- May resume use of retinols 1 week post procedure
- Multiple treatments over a period of several months may be required to achieve desired response

WHEN TO CALL THE OFFICE:

- Increased swelling or bruising
- Severe pain not relieved by pain medications
- Fever over 101F

For medical questions, please call the office at 501-623-4485