

# SOUTHWEST BREAST & AESTHETICS

*Tim Matatov, MD • Joseph Zakhary, MD*

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**PHOENIX OFFICE:**

4550 E Bell Rd, Bldg 5, Suite 150  
Phoenix, AZ 85032

T: (480)576-4310

F: (480)576-4311

**CHANDLER OFFICE:**

3377 S Price Rd, Suite E  
Chandler, AZ 85248

T: (480)576-4300

F: (480)576-4301

## **General Pre-Operative Instructions:**

1. We practice the Enhanced Recovery After Surgery (ERAS) method. Scientific studies have shown ERAS to be highly beneficial in lowering pain, hunger, and infection. Most of our patients do not require narcotics more than a few days if at all due to this method.
2. As a part of ERAS, you are allowed to drink carbohydrate rich fluids up to 2 hours before your surgery. These fluids are limited to powerade, gatorade, apple juice, grape juice, or coconut water (please do NOT drink anything that is red or purple in color). Please do not eat any solid food past midnight the night before your surgery. **If you are a patient with DIABETES or gastroesophageal reflux disease (GERD), BMI > 30, GASTRIC BYPASS, GASTRIC SLEEVE, MASSIVE WEIGHT LOSS and HIATAL HERNIA please adhere to the standard instruction of nothing to eat or drink by mouth past midnight the night before your surgery.**
3. You should arrive at the surgery center check in 2 hours prior to your surgery time. For example, if your surgery is scheduled for 9:00AM, you should be checking in at the facility by 7:00AM.
4. If applicable, please bring post-operative garments with you to the facility the day of your surgery.
5. Do not take any anti-hypertensive medications or anticoagulant medications the day off surgery.
6. Shower with WATER & SOAP the morning of your surgery. Do not apply any lotions, make up, body spray or deodorant after showering the morning of your surgery.