

CENTER FOR
PLASTIC • SURGERY
DR. NICHOLAS ADAMS MD

PRE-SURGERY HYDRATION PROTOCOL

We at Center for Plastic Surgery are continually striving to provide the best surgical experience possible for our guests. We recommend a pre-surgical hydration protocol to help obtain better surgical outcomes.

Studies have shown this protocol will:

- Increase perioperative hydration
- Reduce post-operative nausea and vomiting
- Reduce patient anxiety
- Decrease pain responses which leads to decreases narcotic use
- Reduce infection risk

Acceptable drinks (do not buy RED color)

- Body Armor
- Gatorade
- Powerade
- If diabetic - Body Armor Lyte, Gatorade G2, or Powerade Zero

The night before surgery drink up to 32 ounces before midnight.

Two hours prior to surgery drink another 8 ounces (If diabetic, drink 8 ounces 3 hours prior to surgery.)

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