

C E N T E R F O R  
**PLASTIC • SURGERY**  
**SURGERY CHECKLIST**

**1 WEEK BEFORE SURGERY**

- STOP ALL VITAMINS, SUPPLEMENTS, OR GLP-1 MEDICATIONS
- STOP ALL TOBACCO PRODUCTS (4 WEEKS PRIOR)
- FAX H & P TO CENTER FOR SPECIAL SURGERY (IF NEEDED)  
(701)356-4774
- PICK UP PAIN MEDICATIONS
- AVOID SUN EXPOSURE / SPRAY TANNING
- DOWNLOAD THE ALLE APP FOR REWARDS

**NIGHT BEFORE SURGERY**

- CONFIRM YOUR RIDE TO AND FROM THE SURGICAL CENTER
- PREPARE A COMFORTABLE RECOVERY SPACE
- DO NOT USE ALCOHOL OR TOBACCO
- REFRAIN FROM EATING AFTER MIDNIGHT
- FOLLOW HYDRATION PROTOCOL

**MORNING OF SURGERY**

- AVOID GUM, CANDY, MINTS
- WEAR LOOSE, COMFORTABLE CLOTHING
- WEAR GLASSES NOT CONTACT LENSES
- TAKE PRESCRIPTIONS WITH A SMALL SIP OF WATER
- NO FOOD OR DRINK (NO COFFEE/MILK/BREAKFAST)
- BRING ID AND INSURANCE CARD TO SURGERY CENTER

**IF YOU NEED US:**

**MAIN OFFICE NUMBER:**  
**(701) 412-2400**

**MOLLY, RN, PATIENT CARE  
COORDINATOR**  
**MOLLY@CFPSFARGO.COM**  
ALL QUESTIONS CAN BE  
ADDRESSED TO MOLLY.

FOR EMERGENCIES, CALL 911

**OUR ADDRESS:**  
3171 44TH ST S. STE 102  
FARGO, ND 58104

**SURGERY CENTER ADDRESS:**  
350 23RD AVE E SUITE 201  
WEST FARGO, ND 58078

**SURGERY CENTER PHONE:**  
(701) 356-4770

**EXPLORE PROCEDURE  
VIDEOS ON OUR YOUTUBE  
CHANNEL**

