

I had my consultation, now what?

- ❖ \$500.00 nonrefundable deposit is required to secure your surgical date.
- ❖ If you change your surgery date and it is NOT related to an emergency, you will lose the \$500.00.
- ❖ Ensure your child care, time off work, and responsible adult is secured prior to scheduling your surgery.
- ❖ Financing via Care credit (Carecredit.com) or Prosper Loan (Prosper.com).
- ❖ We accept Cash, cashiers check, Visa, Master Card, Discover. Payments can be split via any card/cash if requested.
- ❖ Remaining amount (minus \$500) is due at Pre-Op.
- ❖ Any additional labs requested by Dr. Martin can be ordered by your PCP in order to be covered by your insurance. Dr. Martin can order your labs through CPL for a discounted rate but it will be out of pocket and will NOT be covered by insurance.
- ❖ Labs MUST be completed prior to your pre-op appointment.

I scheduled my surgery, now what?

- ❖ COVID test will be done at Pre-Op appointment.
- ❖ Your prescription cost is not included in your quote. If you don't have insurance, Sam's Club has the cheapest rate for noninsured. We also have GOODRX cards available.
- ❖ The RX for narcotic (i.e. Hydrocodone) **MUST** be filled in New Mexico. Please allot time after your pre-op appointment to have your prescriptions to be filled locally if you are coming from out of town.
- ❖ You must have your prescriptions filled prior to your surgery date as we need you to use them on the morning of your surgery.
- ❖ For breast augmentation patients: Bring your 3 pictures to your pre-op appointment to help us determine your implant size.
  - 3 Pictures (pre-surgery picture resembles YOU, after surgery picture is what you WANT to look like)
  - Implantinfo.com
  - Drscotmartin.com
- ❖ Review all the paperwork included in your pre-op packet including risks and benefits to the surgery. Use your pre-op appointment to address any concerns/questions you may have regarding surgery.

My surgery is 2 weeks away, now what?

- ❖ Stop any birth control for 1 week before surgery. You must stay off birth control for 1 week after surgery. Birth control increases your risk for blood clots.
- ❖ No aspirin or ibuprofen for 1 week prior to surgery and 3 weeks after surgery. This will increase your risk for bleeding if taken. Tylenol or prescribed medication we give is OK.
- ❖ Remember, no exercising for 3 weeks AFTER surgery.
- ❖ For tummy tuck, breast lifts and mommy makeovers: No smoking for 4 weeks prior to surgery and 4 weeks after you surgery.