

## **Surgical Candidate Guidelines**

We want to thank you for considering Landis Plastic Surgery to be a part of your plastic surgery journey. We understand that there are many things to consider when making the decision to have surgery with us. Likewise, there are many factors that go into having the best possible outcome for every patient. Dr. Landis strives to ensure everyone has a safe surgery with the best possible results and only operates on patients healthy enough to undergo elective surgery. The following criteria are requirements that must be met to be considered for surgery. Additional requirements may be added at Dr. Landis' discretion and will be discussed during your consultation.

- Overall good health
- Chronic medical conditions are appropriately managed by a primary care physician
- No nicotine use
- No alcohol or drug abuse
- BMI < 30
- Diabetics must have HgA1c < 7
- High blood pressure is well-controlled with medication
- Blood-thinning medications can be safely held upon recommendation from prescribing physician
- Autoimmune medications and steroids can be safely held upon recommendation from prescribing physician
- No personal history of DVT or PE
- Not pregnant (patients must be at least six months post-partum at time of surgery)
- Must be six months post-lactation at time of breast surgery
- Release from psychiatrist if applicable
- Mammogram must be up-to-date in all women over age 40