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## **FOR MY PATIENTS HAVING SURGERY:**

**In order to achieve the best possible outcome I would like you to consider...**

**If you are a smoker, please try to either quit or reduce the amount you smoke before your surgery.**

**If you are overweight, please try to lose weight before your surgery.**

**I fully understand these are difficult to do, but I ask you to try your best.**

**I look forward to taking care of you.**

A handwritten signature in black ink, appearing to read "S. Harwin", written in a cursive style.