



MEDICAL DERMATOLOGY SPECIALISTS

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PRE-OPERATIVE INSTRUCTIONS

In planning for surgery in our office, we kindly ask you to refer to the following:

- 1) Discontinue **all non-prescribed** blood-thinning agents one week prior to your surgical procedure. Common over-the-counter blood-thinning agents include:
 - Aspirin
 - Ibuprofen (Advil, Nuprin, Motrin)
 - Naproxen (Aleve)
 - Fish Oil
 - Vitamin E (***) please discontinue 10 days prior to surgery)
 - Gingko Biloba
 - Garlic
 - Alka-Seltzer
- 2) **Continue taking all prescribed medications**
- 3) Please bring an updated medication list.
- 4) If on oxygen, please bring enough for the entire day.
- 5) **STOP SMOKING:** Smoking reduces circulation to the surgical sites which requires proper blood flow for healing.
- 6) Discontinue alcohol consumption three (3) days prior to your surgical procedure.
- 7) If you have artificial heart valves or artificial joints **within the last two years**, you will be prescribed a pre-surgical antibiotic to **take one hour prior to your surgery.**
- 8) If your surgery is going to be performed above the neck, please do not use any hair products (hairspray, mousse, gel, etc) on the day of your surgery. It may also be necessary to have your hair trimmed by the physician's staff, depending on the surgical site. Please do not trim or shave the area yourself. Please no necklaces or earrings the day of surgery.
- 9) Please eat and hydrate prior to surgery, we recommend bringing a sweater & reading material.
- 10) If surgery will be near the eyes or nose, please bring a driver.
- 11) Please be advised that your physical activity (ie: heavy lifting or heavy exercising) may be limited for 7-14 days per doctor's discretion.

Thank you for your cooperation