



## **PRE-OPERATIVE INSTRUCTIONS FOR SURGERY**

1. Avoid taking elective over the counter blood thinners such as aspirin, ibuprofen (Advil), or naproxen (Aleve) for 10 days prior to surgery. You may take Tylenol (acetaminophen) as needed prior to your surgery. If you have questions about your medications, please call our office at least one week prior to surgery for clarification. (See attached list of medications to avoid.)
2. Avoid alcoholic beverages for at least one day before and after surgery.
3. Please notify us if you take anticoagulants (“blood thinners”) that have been prescribed by another physician. DO NOT stop taking any prescription blood thinners unless you have been specifically told to do so by both our office and the prescribing physician. In most cases it will NOT be necessary for you to stop taking a prescription blood thinner prior to skin surgery.
4. Please notify us immediately if you are allergic to any medication, including antibiotics, anesthetics and pain medications.
5. Please notify us immediately if you have an artificial joint or heart valve, if you have ever had rheumatic fever or a heart murmur, and if a doctor ever recommended you take antibiotics for surgical procedures or dental work.
6. Skin surgery is performed under local anesthesia. You should eat your normal breakfast and/or lunch prior to surgery.
7. Minimize your eliminate any coffee or caffeinated beverages on the day of your surgery.
8. Dress informally and comfortably! If your surgical site is on the face, neck or scalp, please wear a loose fitting collar or warm-up jacket with a front zipper.
9. Please be punctual! Your first 30 minutes at the office will be spent explaining your surgery and answering your questions, obtaining consent, taking photographs and preparing the surgical site.