

PRE-OP PATIENT INSTRUCTION FORM

1. Stop Aspirin and other ibuprofen-containing medicines such as Advil, Ibuprofen, Aleve, and Motrin **10** days before surgery. Vitamin E, ginko, garlic supplements should also be stopped **10** days before surgery. They can thin your blood and cause excess bleeding during surgery. Tylenol or Extra Strength Tylenol is okay to substitute.
2. If you are on blood thinners such as Coumadin (warfarin) or Heparin, please notify your dermatologist prior to coming in for surgery, but do not stop these medications unless directed by your physician.
3. If you have mitral valve prolapse and take antibiotics prior to dental procedures, please notify your dermatologist prior to coming in for surgery.
4. If you are pregnant, may be pregnant, or are breastfeeding, please notify your dermatologist prior to coming in for surgery.
5. We request that you please do not bring children to the procedure.
6. Do not drink alcohol 24 hours prior and 48 hours after surgery as it can inhibit wound healing and cause some bleeding.
7. Wear comfortable clothing and have transportation arranged if surgical procedure is done on a part of your body that will make it difficult for you to travel alone.
8. Plan on limited mobility and activity after the procedure, depending on location and size of the wound. The amount of time you will have to take off from exercise is variable (usually around 2 weeks).
9. Plan on keeping the surgical area dry for 1-2 days after the procedure. This means no showering in that area.
10. With any surgery, there is always a risk of bleeding, infection, and opening up of the wound, although these are rare occurrences.
11. Surgery always results in a scar. Scars will remodel over one year and flatten out and lose their initial redness over this period of time.
12. You will need to return for suture removal 5 to 14 days after the procedure.
13. Obtain pre-certification authorization from your insurance company and confirm to avoid any delay when you arrive.