

Pre-Operative Surgical Instructions

1. Shower and shampoo the morning of surgery.
2. Unless prescribed by one of your physicians, do not take Aspirin containing drugs or other medications that “thin the blood” (for example Aleve, Advil, ibuprofen, ginger, ginkgo, Vioxx, Celebrex) for 10 day prior to surgery. Do not resume until 3 days after surgery. If needed, substitute Tylenol or similar medications. If you are on coumadin, aspirin or other blood thinners prescribed by another physician, that is ok, DO NOT stop them.
3. Do continue to take any prescribed medications according to your usual schedule.
4. No alcoholic beverages for 48 hours prior to surgery.
5. If you smoke or use smokeless tobacco, it is very important that you limit this or stop altogether before surgery as it greatly interferes with healing and increases scarring.
6. A light meal preceding the surgical appointment is recommended.
7. No make-up, please.
8. Wear a shirt or blouse that buttons or zips rather than one which you have to slip over your head.
9. If you think you may not be able to drive home after the procedure, have someone drive you to and from our office the day of surgery.