



## PRE-SURGERY INSTRUCTIONS

1. Eat a normal meal prior to surgery and dress comfortably.
2. If surgery is to be on the scalp, wash your hair prior to surgery.
3. Do not take ibuprofen or products containing ibuprofen (i.e. Motrin, Advil), fish oil, Vitamin E, ginkgo, garlic pills, ginseng, or drink alcohol for 10 days prior to surgery. If you may have done so, tell the doctor prior to the surgery.
4. If you are taking Coumadin (warfarin), Xarelto, Pradaxa, Plavix, aspirin or other anticoagulants (blood thinners), have a history of bleeding easily, or have high blood pressure, tell the doctor before the surgery.
5. Do not stop any drug unless you have checked with the doctor who prescribed the medication.
6. If you have been told to take antibiotics prior to any dental or surgical procedure, tell the doctor before you schedule surgery.
7. If you have any allergies, tell the doctor prior to surgery.
8. In scheduling surgery, take into account that you should not perform physical activity (i.e. sports, yard work, heavy lifting > 5 pounds) following the surgery. Depending on the location, the restriction typically ranges from 10 – 16 days. Also take into account that you cannot let the stitches soaks in water (baths, pools, lakes, oceans) until they are removed (1-2 weeks after the surgery). You may shower the day following surgery. In scheduling your surgery, also take into account that you will need to return to the office to have the stitches removed. The timing of the suture removal depends on the location.
9. Before you schedule surgery, ask the doctor or nurse if you will need someone with you to drive you home.
10. Smokers have a significantly higher risk of bleeding and wound healing problems. Stop smoking for several weeks before and after surgery. This does not eliminate the risk, but may help.
11. Have an ice pack or bag of frozen peas at home for after surgery.
12. If you have any questions or concerns, call the office.