

You may continue to take your aspirin (if prescribed by your doctor) and other blood thinners unless you have been instructed to do otherwise. Current dermatologic surgery literature states that the slight increased risk of intraoperative and post-operative bleeding is less significant than losing the benefit that your blood thinners provide. Please avoid non-prescribed, over-the-counter pain medications such as Ibuprofen (Motrin, Advil, Aleve, Excedrin) for 2 weeks prior to surgery. All of these medications make it more difficult to stop bleeding. Do avoid taking vitamin E and all herbal supplements, as these too prolong bleeding time. Tylenol may be used as a pain reliever during the pre- and post-operative periods.

If you smoke: Please decrease or stop smoking 2 weeks prior to surgery and continue to limit smoking for one week after surgery. Smoking inhibits wound healing and negatively affects the ultimate cosmetic outcome of your surgery.

Please limit drinking alcoholic beverages one week prior to surgery to avoid excess bleeding. If no sedating medications for pain control are prescribed, then you may resume drinking alcoholic beverages 48 hours after surgery.

Make plans to avoid stretching, bumping, and excessively moving the wound area for the first 72 hours after surgery. This includes heavy lifting, jogging and moderate exercise. Plan on icing the area throughout the first 48 hours following your surgery.

If there is hair in the surgical site, please remove your hair by having a haircut or shaving the area yourself, 3 days prior to surgery.

Please shower the evening prior, or morning of surgery to help decrease the infection risk. Daily use of a Dandruff Shampoo beginning one week prior to surgery may decrease your infection risk and improve wound healing.

Please arrive 15 minutes prior to your appointment time to prepare you for your surgery.

### **On the Day of Surgery:**

On the morning of your surgery, please take all other prescribed medication, especially ones that control high blood pressure or antibiotics that are needed prior to starting surgery. Eat a light breakfast. Wear comfortable warm clothing and tops that open in the front. Please avoid pullover shirts as these may disrupt your bandages while dressing and undressing.

If your surgery involves the face, please do not wear cosmetics or moisturizers on your face on the day of surgery.

Your comfort and care is our top priority. If you have any concerns or questions prior to surgery please call our office.