

Pre-op Instructions

- Avoid taking any Ibuprofen, Aleve, naproxen or aspirin products 48 hrs prior to surgery unless prescribed by your physician. If you take Coumadin/warfarin or other prescribed blood thinners, do not discontinue.
- Eat a light breakfast morning of surgery.
- Arrive with clean skin. Do not apply lotions, after shave, or perfume in the area of the surgery.
- Wear comfortable clothing.
- Do not wear jewelry, or be prepared to remove and put in a safe place upon arrival.
- If you have been instructed by another physician to take antibiotics before any surgical or dental procedures, please do so and notify us of this requirement.
- Please notify us of any allergies to numbing medicines such as lidocaine or Xylocaine, topical medications, iodine, latex or adhesive prior to your surgery.
- Expect a thick bandage following your surgical procedure. This bandage will need to stay in place and be kept clean and dry for at least 24 to 48 hrs after the surgery.
- Plan on light activity and no heavy lifting for 1 to 2 weeks after your surgery. The level of activity will depend on the extent and location of the surgical area.
- Pre-surgery shopping list: white vinegar, sterile gauze, paper tape, medium to large sized band-aids, small tube of Vaseline.