



801 North Orange Ave., Ste 520  
Orlando, FL 32801  
(407) 992-0660 (main) (407) 992-7702 (fax)

Surgery Date: \_\_\_\_\_

Surgery Time: \_\_\_\_\_

### Dermatologic Surgery Pre-operative Instructions

- 1 Please make sure we have an accurate/up-to-date list of your medications, including medications that you may have discontinued prior to surgery.
- 2 If you have stitches following surgery, you will have significant restrictions on your activity for approximately 2-3 weeks. This includes avoidance of sports, heavy lifting, and strenuous activity (i.e. golf, tennis, gym, yard work, etc.).
- 3 We recommend that you avoid aspirin or NSAIDS (including *baby* aspirin, Bufferin, Excedrin, Alka-Seltzer, Advil, ibuprofen, ketoprofen, etc.) for 1 week prior to your surgery. These medications increase your risk of bleeding during and after surgery. You can re-start these medications 48 hours after surgery. **NOTE:** if you are taking aspirin for a history of heart problems, stroke, heart stent, blood clot or other medical condition **DO NOT discontinue it** unless specifically advised to do so by your prescribing physician/cardiologist.
- 4 Discontinue all over-the-counter supplements, vitamins, and/or herbal remedies (including vitamin E, ginkgo, ginseng, garlic, feverfew, omega-3/fish oil) one week before to your surgery as these also may cause bleeding. These medications may be resumed 48 hours after your surgery.
- 5 Tylenol (acetaminophen) is safe both before and after surgery. It may be taken, as suggested, for pain after surgery.
- 6 With the exceptions noted above, you should take all of your daily medications as prescribed on the morning of your surgery. We **DO NOT** stop warfarin (Coumadin) or other prescription anticoagulants (i.e. Plavix) before surgery.
- 7 If you have been instructed to take an antibiotic before all routine dental procedures or surgery, please call us before your surgery so that we may determine whether a prescription is necessary. It most likely is not
- 8 Alcohol may increase bleeding and should be avoided 3 days prior to and 3 days following surgery.
- 9 Smoking negatively affects blood flow, wound healing, cosmetic outcomes, and severely limits our options for repairing your wound. Please make every attempt to quit smoking for 2 weeks before and 2 weeks after surgery. Please notify us if you smoke prior to surgery.
- 10 You should eat normal meals prior to your procedure. Fasting is neither required nor recommended.
- 11 Your surgery will be performed under local anesthesia with lidocaine/epinephrine. Although you will not be going to sleep, we always prefer that you bring a loved-one with you on the day of your surgery to drive you home.
- 12 If you are unable to keep your appointment for surgery, please contact our office *immediately* to reschedule. Please note our office has a 24-hour cancellation fee/policy. If you have any questions please do not hesitate to call our office.