



DERMATOLOGY  
SPECIALISTS

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### Pre-operative instructions

1. Please inform the doctor if you have a pacemaker or a defibrillator.
2. **If you have a prescription for regular use of aspirin, ibuprofen, Plavix, Coumadin or other blood thinners or have been instructed by your physician for use of over the counter aspirin or ibuprofen for a chronic medical condition, please let us know at the time your surgery is scheduled.** We may consider temporarily stopping the medication on a case-by-case basis.
3. Do NOT take vitamin E, ginkgo, garlic or any aspirin-containing products used for minor aches and pains (such as Alka Seltzer, Anacin, BC Powder, Bufferin, Excedrin, etc.) for 1 week prior to your surgery.
4. Do NOT take any ibuprofen-containing products (such as Aleve or Motrin) for 3 days prior to your surgery. If needed, substitute Tylenol or other acetaminophen-containing products.
5. Do continue to take prescribed medications according to your usual schedule.
6. Avoid drinking alcohol 48 hours prior to surgery.
7. Shower and shampoo the morning of your surgery.
8. If you are having surgery on your face, please minimize the application of make-up.
9. Wear a shirt or blouse that buttons or zips rather than one that you have to slip on over your head.
10. A light meal before the appointment is recommended.
11. If possible, you should make arrangements to have someone drive you home after your surgery especially if you are prone to fainting or light-headedness with blood draws or other medical procedures.
12. When you arrive, the doctor and/or assistant will again review the planned procedure and its risks and benefits with you. After any questions have been answered, you will be asked to sign a written consent form.
13. Depending on the nature of your surgery, you may receive prescriptions antibiotics after the procedure. Prescription pain medication is generally not necessary.