

Preparation and Expectations for your Scheduled Surgery

BEFORE SURGERY

- To lessen the likelihood of bleeding or bruising we recommend you **STOP** taking any blood thinners 10 days prior to your surgery. This includes products such as **ASPIRIN, BABY ASPIRIN, IBUPROFEN (Motrin, Advil) and NAPROXYN SODIUM (Aleve)**. If you are on a prescribed blood thinner such as Coumadin or Plavix, please discuss this with your prescribing doctor and verify whether these medications can be temporarily stopped. Do NOT stop prescribed blood thinners unless instructed by your prescribing provider. We also recommend that you discontinue use of blood thinning supplements for 10 days prior to treatment. This includes fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc. Alcohol is also to be avoided 24 hours pre- or post-procedure.
- Please take any prescribed pre-operative antibiotics you may need 30-60 minutes prior to your surgery. You can call your family doctor for a prescription. If you have an artificial joint or heart valve you may or may not need pre-operative antibiotics.
- Please notify our office if you have a pacemaker or implantable devices.
- On the day of your surgery, consider wearing comfortable clothes as you may need to change before and after surgery. We also recommend bringing a tight-fitting hat with you on the day of your surgery IF your surgery is on the scalp.

AFTER SURGERY

- Take only Tylenol or Acetaminophen products for any pain or discomfort after the surgery. Please notify your provider if you feel you will need prescription pain medications.
 - **DO NOT** take blood thinning products such as Aspirin, Ibuprofen, or Aleve for the first 48 hours after surgery.
- Limit activity after the surgery. You should not do any heavy lifting, contact sports, or strenuous activity. Plan to take a week off of scheduled activities such as golf, running, or biking. Please consider your work schedule and any vacation plans when scheduling surgical appointment.
- Stay out of lakes, rivers, pools, oceans, and hot tubs until the sutures are removed.
- You will need to return to the office for suture removal. Depending on the location of the surgery, sutures will be removed between 5-21 days.

Thank you for taking the time to review this important information. If you have any questions or concerns regarding your upcoming surgery, please do not hesitate to call and speak to a nurse at 701-478-8780.