

Idaho Dermatologic Surgery and Laser Center

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www.iddersurgery.com

Pre-Surgery Instructions:

You have a surgical procedure scheduled with our office on _____ at _____ AM/PM. Please follow these instructions to minimize the risk of complications during and after your procedure.

1. Medical History. Please inform the doctor of any allergies to medications or medical problems that she may not have asked about. If you have had heart surgery or valve replacement, heart murmur, mitral valve prolapse or pacemaker, please tell the doctor. Also please let us know if you have any artificial joints.

2. Bleeding complications. Please discontinue your coumadin or other blood thinner as instructed if you have been advised to do so. There are also a few other oral agents which have been shown to increase bleeding during surgical procedures:

- Aspirin or aspirin-containing products. This includes many cold preparations; please read the label prior to taking any over-the-counter medications. The generic name for aspirin is acetylsalicylic acid. Unless you are taking aspirin for *treatment* of a medical or heart condition, or for stroke prevention, these products should be discontinued 7-10 days prior to the procedure. If you are taking aspirin for any of the above reasons, please contact your prescribing physician for permission to stop. Tylenol or acetaminophen may be taken if a pain medication is needed during this time period. You may resume taking aspirin 24 hours after the procedure.
- Ibuprofen, Nuprin, Advil, Motrin, Aleve and other non-steroidal anti-inflammatory agents including many prescription pain medications and arthritis pain medications. If you are unsure if a medication you are taking falls into this category, please ask your doctor. If possible, these medications should be discontinued 3 days prior to the procedure. Tylenol may again be taken as an alternative. Again, these medications may be resumed 24 hours after the procedure.
- Vitamin E may increase bleeding. If you take Vitamin E or a supplement containing this Vitamin, please stop this medication 7 days prior to the procedure. You may resume this medication the day after the procedure.
- Alcohol may also increase bleeding during procedures. If you drink alcohol, please do not drink any beverages or medications containing alcohol for 3 days prior to the procedure. You may resume any alcohol use the day after the procedure.
- Herbal medicines and natural foods. Several medicines in this classification have Coumadin-like or blood thinning effects. These include Ginko biloba, ginger, garlic, feverfew, fish oil, and bilberry. These may increase bleeding during the procedure. Please stop these medications one week prior to the procedure. You may resume these medications the day after the procedure.

3. Infection. This is a possible complication whenever the skin barrier is disrupted. There are a few things you can do to decrease your chance of developing a wound infection:

- If you have a history of wound infections after surgical procedures, please tell your doctor, she may wish to prescribe oral antibiotics for you to take prior to this procedure.
- Cleanse the skin the morning prior to the procedure. Use an antibacterial soap if you have one such as Lever 2000 or Dial.
- Do not apply cosmetics, lotions, sunscreens, aftershaves or hair-care products to this area if the surgical site is in an area where you would normally apply these.
- Do not shave the area the morning of the procedure. This has been shown to increase the risk of infection. If the surgical site is in a hair-bearing area, we may elect to shave the site and a *very small* surrounding area immediately prior to the procedure.

4. Nutrition. This is very important for post-operative wound healing. Tell your doctor if you have lost a significant amount of weight in the last year. In addition to a well-balanced diet, nutritional supplements including a daily high potency vitamin-mineral supplement. Please bring personal snacks and a packed lunch.

5. Post-Operative Activity Restrictions. Plan to limit your activity for 48 hours after the procedure. Any activity that increases blood pressure can cause post-operative bleeding. After this time period, specific limitations in activity will depend on the surgical site, the type of activity, and whether or not there are stitches present. Ask your doctor for specific limitations. If this is an elective procedure, and you have a planned activity which you feel may interfere with healing, you may choose to schedule your procedure after this planned event.

Please call the office with any questions: (208) 327-9521