



saddleback
dermatology laser + cosmetic center

PRE-OPERATIVE INSTRUCTION SHEET

You have been scheduled for a surgical procedure. To help insure the best results, please review the following:

1. Let us know if there have been changes in your medications since originally filling out your medical history sheet. This is especially important if you take blood thinning medication.
2. If you have an artificial joint, a heart valve, or have been advised by a physician to take prophylactic antibiotics prior to surgical and dental procedures, you may need to do the same for this procedure. Also, let us know if you are susceptible to skin or wound infections.
3. Avoid aspirin and aspirin containing products for 7 days prior to surgery. Other pain relievers and arthritis medications (Advil Nuprin, Motrin, Aleve, ibuprofen) should be avoided for 24 hours prior to surgery. If the medication was prescribed by a physician, check with the doctor before discontinuing. Tylenol (acetaminophen) may be taken at any time since it does not thin the blood. Alcohol also thins the blood and should be avoided one day prior and three days after surgery.
4. Most sites must stay dry for 48 hours after surgery. Therefore we suggest you shower just prior to the procedure. Wash the surgical site well with an anti-bacterial soap (deodorant soap) and water. Do not apply cosmetics to this area on the day of surgery.
5. You can expect us to recommend that exercise and physical activity be curtailed or discontinued until after the sutures are removed to reduce the chance of infection or bleeding. Specific guidelines will depend on the site and extent of the procedure and will be reviewed at the time of your appointment.

The procedure will be performed under local anesthesia, therefore you may drive yourself although you may prefer to have someone drive you. Please plan to arrive about 10 minutes early so we can set up and start on time. If you need to change the appointment, please give us several days notice since we set aside more time for these appointments.

If you have any questions, please do not hesitate to call.

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