



## IMPORTANT SURGICAL REMINDERS

---

### ***PLEASE DO THE FOLLOWING:***

1. Prior to surgery, let us know if you have an artificial heart valve, prolapsed heart valve, history of rheumatic fever, joint replacement, or another prosthetic surgery. You may need to take antibiotics before surgery.
2. If you take antibiotics before dental procedures, please take them before your surgery.
3. Plan on being in the office for a full day. Please bring a book, computer, or something to occupy your time in between the different stages of surgery. It can take anywhere from 30 minutes to two hours in between stages.
4. Contact us as soon as possible if you must reschedule or cancel your appointment. If you are ill or have a fever on the day prior to surgery, please call us immediately.
5. Take a shower and wash your hair the morning of surgery. The surgery site must be kept dry for at least 48 hours (and maybe longer) after surgery.
6. Eat a good breakfast before your surgery and help yourself to the refreshments our office provides. You will need to remain in the office should your surgery go through the lunch. You may want to bring a sack lunch.
7. Take your usual medications unless instructed, **including any blood thinner prescribed by your physician**. Bring an updated list of your medications.
8. Dress warmly and consider bringing a light jacket, sweater, or a small blanket if you are particularly sensitive to the cold. The procedure rooms are kept at 68 degrees.
9. Have Tylenol (acetaminophen) on hand at home to take after your local anesthesia wears off.
10. Consider bringing someone with you if you have a skin cancer near your eye. A bandage may obscure your vision on the ride home.
11. If the surgical site is around your eyes or mouth, please bring a container for your contact lens or dentures (if you wear them).
12. Remove any makeup. If the area is in hair-bearing skin, please make sure the hair around the area is shaved.

***Continue to next side...***

---

## IMPORTANT SURGICAL REMINDERS

---

*(continued)*

### **DO NOT:**

- Take Aspirin/Ibuprofen/Advil/Aleve/Naproxen/Celebrex for 14 days prior to surgery **unless prescribed by your doctor**. If you have a history of cardiac disease, stroke, or blood clots, continue to take all your blood thinners
- Take multivitamins, vitamin E, fish oil, and all homeopathic medications (i.e. ginkgo biloba) 7 days before surgery
- Smoke tobacco for 2 weeks prior to surgery as this may disrupt normal wound healing
- Consume alcohol for 48 hours before and 48 hours after your surgery.
- Bring more than one family member (unless necessary) as our waiting area has limited seating. Avoid bringing children.
- Use your cell phone in the lobby as a courtesy to other patients.
- Exercise or participate in sports for two weeks following the surgery. During this time, you will be asked to limit all activities that increase your heart rate and not to lift objects heavier than a gallon of milk.