

CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY, INC.

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Pre-Operative Instructions

Please follow these instructions in preparation for your surgery:

1. Certain medications may increase bleeding.
 - A. For 10 days prior to surgery, try to avoid aspirin or any compounds containing aspirin as cold and sinus medications. This includes Alka-Seltzer, Anacin, Ascriptin, Empirin, Excedrin, Fiorinal, Darvon and Percodan.
 - B. For 10 days prior to surgery it is best to avoid ibuprofen or other non-steroidal anti-inflammatory drugs such as Advil, Anaprox, Ansaid, Clinoril, Dolobid, Medipren, Motrin, Meclomen, Naprosyn, Nalfon, Indocin, Tolectin, Voltaren, Celebrex, etc.
 - C. For 10 days prior to surgery it is best to avoid vitamins or herbs with Vitamin E, Garlic, Gingko Biloba, Ginger, Ginseng, Ephedra, Fish oil, Turmeric (if taken daily) or Bromaline (pineapple enzyme).
 - D. Tylenol is okay!
2. Inform the doctor or staff before your surgery date:
 - A. If you are taking any medication for blood thinning (especially Coumadin, Warfarin, Ticlid, Plavix, Aspirin, etc.).
 - B. If you are allergic to any local anesthetics such as lidocaine or epinephrine.
 - C. If you have a history of heart disease (including abnormal heart rhythm, a pacemaker, diseased or artificial heart valves).
 - D. If you tend to bleed easily or if there is difficulty in stopping the blood flow after you are cut.
 - E. If you have a history of diabetes, high blood pressure, poor wound healing, allergies to suture materials, latex, or adhesive (tape), or any other corticosteroids (Prednisone, Medrol, Decadron, etc.), or any anti-cancer drugs.
 - F. If you are HIV positive.
3. Avoid cigarettes and alcohol for 7 to 14 days prior to and after the surgery and stay away from secondhand smoke.
4. The risks of surgery include infection, bleeding, scar, keloid formation, recurrence, loss of sensation (temporary), poor cosmetic result. These risks are generally small. Specific risks of your surgery include: