



PRE-OPERATIVE INSTRUCTIONS

- **Blood thinners:** If you are on a blood thinner as listed below, please speak with your primary MD or cardiologist as to whether it is safe to discontinue any of your medicines. **If permitted to do so,** please avoid the following blood thinners ten days before surgery:
- **Medicine:**
 - Aspirin (Goody powder)**
 - Ibuprofen, Motrin, Advil, Aleve
 - Alcohol, Vitamin E, Garlic, Ginger, Ginkgo

Do NOT stop Coumadin, Plavix, or Ticlid

- Please remind us if you are diabetic, have a heart valve replacement, artificial joints, a pacemaker or mitral valve prolapse.
- Please remind us if you are supposed to take prophylactic antibiotics before procedures. (The procedures we perform are sterile, minimally invasive and usually do not require this.)
- Wear comfortable clothes and ***eat a light meal before your appointment.*** Feel free to bring a personal music system to use if you desire.
- Please remind us if you have an allergy to latex or anesthetics. We use Lidocaine (not Novocain), which is unlikely to cause an allergic reaction.
- ***Please arrive at least 10 minutes before your appointment time.*** If you are late, your surgery may need to be rescheduled so that other patients can be seen on time for their appointment.
- Please follow the wound care instructions which are provided on a separate sheet. In general, keep the wound moist with Vaseline or polysporin (NOT Neosporin), and apply a non-adherent gauze and non-latex bandage or paper tape.
- An excision on the trunk, legs, upper arms, hands or feet will possibly restrict activity for approximately 4-6 weeks. Please account for this when scheduling your surgery.

IF YOU NEED TO CANCEL OR RESCHEDULE YOUR SURGERY, PLEASE DO SO AT LEAST 2 BUSINESS DAYS IN ADVANCE SO THAT OTHER PATIENTS MAY BE ACCOMMODATED. FAILURE TO GIVE SUCH NOTICE WILL RESULT IN A \$100 FEE.

Your surgery is scheduled for ___/___/___ @ ___:___ with Dr. _____

Your surgery will be done in the Raleigh / Cary Office. If you have any questions regarding your surgery, please call 919-781-1050 x ____.