

Pre-Operative Surgery Instructions

For optimal healing, we have summarized some important instructions below.

One (1) week before your appointment:

Bleeding is often a concern after surgery. To minimize this risk, please follow the following instructions:

1. Avoid taking aspirin or aspirin containing medications such as Ecotrin, Bufferin, Anacin, Alka-Seltzer, and many others unless you have been instructed by a physician.
2. Avoid non-steroidal anti-inflammatory medications such as ibuprofen (Advil, Motrin, Nuprin, others), naproxen (Aleve, Naprosyn), indomethacin, and others. If you experience significant pain, you may continue them at the lowest dose and frequency that keeps your pain at a tolerable level. Tylenol is an acceptable pain medication.
3. Stop all herbal medications including but not limited to Garlic, Vitamin E, St. John's Wort, Gingko, Ginseng, Feverfew, Airborne, Omega-3/Fish Oil, and diets rich in nuts as these do increase bleeding complications.
4. You do NOT need to stop taking prescription blood thinners such as Plavix, Coumadin, Aggrenox, Effiant, Heparin, Pradaxa, and Persantine. Continue to take them as prescribed by your physician.
5. If you have questions about your medications please call us at (949) 364-8411.

Three (3) days before your appointment:

1. Stop alcohol-containing beverages.
2. Stop smoking as this may affect your ability to heal. You may resume once the sutures are removed.
3. Notify us if you are allergic to any prescriptions, including antibiotics, anesthetics and pain medications.
4. Notify us if a doctor ever recommended you take antibiotics before surgery or teeth cleaning.
5. Notify us if your surgery site involves your lower leg or groin area. We do recommend all patients take antibiotics one hour prior to your surgery.

The day of the surgery:

1. Eat a light meal before surgery. Please DO NOT FAST!
2. Please arrive 10 minutes early for your appointment.
3. You may drive yourself for most surgical procedures.

After the surgery:

1. Go home and take it easy or return to work as long as it does not involve any physical labor.
2. Minimize sun exposure to the surgical site for 2 weeks after surgery.
3. Avoid strenuous activity including **heavy lifting, exercise and water sports** for 10-14 days after your surgery. Please contact us if you have questions.
4. Follow the wound care sheet that will be given to you at the time of the surgery.
5. Sutures are typically removed within 1 to 2 weeks.

If you must cancel, please notify us at least one week in advance, so patients that are waiting for an appointment may be scheduled in your place. **Failure to give at least 24-hour notification of your cancellation may result in a late cancellation or no-show fee that is not covered by insurance.** We appreciate the opportunity to serve you and will do all that we can to ensure that you have a positive experience. If you have any questions, please call us at (949) 364-8411.

