

PRE-OPERATIVE SURGERY INSTRUCTIONS

One (1) week before your appointment:

Bleeding maybe a concern after surgery. To minimize, please follow these instructions:

1. Avoid taking aspirin or aspirin containing medications unless instructed by a physician.
2. Avoid non-steroidal anti-inflammatory medications such as ibuprofen (Advil, Motrin, Nuprin, others), naproxen (Aleve, Naprosyn), indomethacin, and others. Tylenol is an acceptable pain medication.
3. Stop all herbal medications including Garlic, Vitamin E, St. John's Wort, Gingko, Ginseng, Feverfew, Airborne, Omega-3/Fish Oil, and diets rich in nuts.
4. You do NOT need to stop taking prescription blood thinners. Continue as prescribed.

Three (3) days before your appointment:

1. Stop alcohol-containing beverages. You may resume 24 hours after your surgery.
2. Stop smoking. You may resume once the sutures are removed.
3. Notify us if a doctor ever recommended you take antibiotics before surgery or teeth cleaning.
4. For All Procedures: Wash daily from the neck down with Hibiclens (chlorhexidine) antiseptic cleanser. Avoid washing the mucosal areas of the groin.
5. Purchase Compression Stockings – Light or Firm Strength from a local pharmacy – for below the knee procedures.

The day of the surgery:

1. Eat a light meal before surgery. Please DO NOT FAST!
2. Take your antibiotic if prescribed (below the hip procedures).
3. Please arrive 10 minutes early for your appointment.
4. 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 14 days after your surgery.
4. Follow the wound care sheet that will be given to you at the time of the surgery.
5. Wear compression stockings if indicated.
6. Sutures are typically removed within 1 to 3 weeks.
7. Please contact us if you have questions.

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.

