

# **Dermatology + Cosmetic Surgery.**

**That's the beauty of it.™**

**Mid Valley Dermatology and Cosmetic Surgery Center  
Allan S. Wirtzer, MD, Medical Director**

## **PRE-OPERATIVE INSTRUCTIONS**

You have been scheduled for surgery on \_\_\_\_\_. If for any reason this date must be changed, it is extremely important that our office be notified at the earliest possible date.

Your surgery will be performed using local anesthesia to eliminate any surgical discomfort. It is **VERY** important, however, that you be aware that certain habits may complicate the surgery.

**ANTI-INFLAMMATORY AND ASPIRIN CONTAINING MEDICATIONS MUST NOT BE TAKEN FOR 2 WEEKS PRIOR TO THE SURGERY AND CANNOT BE RESUMED UNTIL INSTRUCTED BY THE DOCTOR. THESE DRUGS MAY CAUSE DANGEROUSLY EXCESSIVE BLEEDING DURING AND AFTER YOUR SURGERY.**

**PLEASE DO NOT** take any aspirin, aspirin-containing compounds, or anti-inflammatory medications for fourteen days prior to the surgical date. There are a number of substitutes for aspirin available that do not have an effect on the clotting mechanism as aspirin does. Be aware that aspirin is sometimes included in cold medicines and that listings of ingredients should be read before taking any medications. **ALSO DO NOT TAKE** any Vitamin E for 2 weeks prior to your surgery date. **(PLEASE SEE THE FOLLOWING LIST OF MEDICATIONS THAT SHOULD BE AVOIDED)**

### **MEDICATIONS TO AVOID 14 DAYS PRIOR TO SURGERY:**

#### **SEE ATTACHED LIST**

Alcoholic beverages can also slow down the rate of blood clotting and it is very important to avoid these for 48 hours prior to surgery.

If surgery is being performed on the scalp, please be sure to shampoo your hair thoroughly the morning prior to surgery. This will eliminate some of the bacteria that is commonly present and reduce the possibility of infection.

For those surgical procedures occurring on other parts of the body, thorough cleansing of the area with an over-the-counter medicated soap such as Phisoderm or Hibiclens is recommended.

Ladies, please do not wear make-up in the area that surgery will be performed.

These suggestions will help minimize the possibility of any complications arising from surgery and will maximize your own body's ability to quickly heal the wound.

**PLEASE CALL THE OFFICE IF THERE ARE ANY QUESTIONS**