

# **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**

## Medications to Avoid 14 Days Before Surgery

### Aspirin Medications To Avoid

For Example:

4-Way Cold Tabs  
Aspirin  
Alka-Seltzer Products  
Anacin Arthritis  
Arthritis Bufferin  
Bayer Products

Buffered Aspirin  
Darvon Compound- 65  
Dristan  
Ecotrin Products  
Excedrin Products  
Lortab ASA

Oxycodone  
Pain Reliever Tabs  
Pepto Bismol  
Percodan  
St. Joseph Aspirin  
Sinutab

### All Medications with Ibuprofen

For Example:

Aleve  
Advil Products  
Dristan Sinus  
Ibuprofen  
Ketorolac

Midol  
Motrin Products  
Naprosyn Products  
Naproxen  
Nuprin

Prednisone  
Toradol  
Triaminicin Tablets

### Other Medications To Avoid

For Example:

Arthritis Bufferin  
Celebrex  
Children's Advil  
Clinoril  
Contac  
Coumadin  
Feldine

Heparin  
Hydrocortisone  
Lovenox Injection  
Meclomen  
Nalfon (Fenoprofen)  
Nyquil/Nyquil PM  
Pentoxifylline

Plavix  
Tolectin  
Trental  
Vitamin E (no more than  
400mg per day)  
Warfarin

### Herbal Medications To Avoid

For Example:

Black Cohosh  
Echinacea  
Ephedra  
Garlic  
Ginger

Ginkgo Biloba  
Ginseng  
Glycosides  
Herbal Diuretics  
Kava

Meletonin  
St. John's Wort  
Yohimbe

\*This is only a partial list of medications to avoid. Medications may cause excessive bleeding during and after surgery. It is important that you list ALL the medications that you are taking on your Pre Op Questionnaire.

**Also, please Stop taking diet medications.**