

Family Dermatology
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PRE-OP PATIENT INSTRUCTIONS

1. If you are on medication that thins your blood (aspirin, coumadin, Warfarin, Plavix, Eliquis, Pradaxa, and others), please check with your primary physician or cardiologist to find out whether the medication can be stopped safely.
2. Unless prescribed or asked to use by a doctor, please avoid all aspirin (including baby aspirin) for 7 days before surgery and for 3 days after surgery. Aspirin causes bleeding. Ecotrin, BC powder, and Goody powder contain aspirin. You should also try to avoid ibuprofen, but this is less important. Tylenol (acetaminophen) is ok before and after surgery.
3. Everything will be done with local anesthetic only. You may drive yourself to and from the visit.
4. Plan to be off your feet for the 6 hours after surgery. Go home and lie down for 6 hours or sit on a chair or sofa. You can work a desk job if there is no lifting.
5. Avoid physical activity for 48 hours after surgery. Don't bend over and pick anything up if you can avoid it. Do not play golf or tennis for at least a week after head and neck surgery, and for two weeks after surgery elsewhere. No, really, don't play golf. If you rip your stitches out hitting a drive, as Dr. Flynn's very first surgery patient in North Carolina did, you had better hit the fairway or his feelings will be hurt.
6. Try to reduce or stop smoking before and after surgery to reduce bleeding and scarring.
7. No diet changes are needed, but please avoid vitamin E, fish oil, and herbal supplements for a week before surgery and two days after. Please do not drink alcohol the night before surgery.
8. Plan to be out of work or school for the day of surgery if you can. If you lift heavy objects or perform manual labor at work, please let your provider know.

9. Do not swim. Do not soak the stitches in a bath or hot tub. Showering is ok. The best way to rip a stitch out is to drag a cotton towel across it. Please be careful when drying your wound.

10. Most patients have to return after surgery for suture removal. We do not charge for this.