

PRE-OP SURGERY INSTRUCTIONS

1. For your surgery appointment, we recommend that you eat fresh pineapple the day before and the morning of your procedure, this will work as a natural anti-inflammatory. Stop taking Aspirin, Ibuprofen, Vitamin E, fish oil, or any kind of blood thinner 10 days prior to your procedure. If you have a need for a pain killer, we ask that you take Tylenol. We ask that you come 15 minutes early on the day of your appointment to fill out some paperwork.
2. Plan your procedure for when you will not be travelling out of town for 14 days. You will need to come into the office for suture removal and in the unlikely event of complications, it is much easier if you are close by.
3. The procedure will take approximately 45 minutes. You will be okay to drive yourself afterwards as we only use a local anesthetic. There will be sutures in your surgery site afterwards that you will need to come back to have removed approximately 7-10 days later. While the sutures are in, we ask that you keep your physical activity to a minimum and do not exercise or swim. If you have any other questions, please feel free to call our office and talk to the medical assistant.
4. Plan to avoid vigorous physical activity for 14 days after your procedure. Even minor movement may decrease the quality of the scar, so less physical activity yields better surgical results.