



Pre-Operative Instruction for Minor Office Procedure

Please follow these instructions carefully for one week prior to surgery:

1. Do not take Aspirin, Ibuprofen, Ecotrin, Motrin, Nuprin, Vitamin E 200iu per day, Fish Oil, prescription fish oil (Lovaza), Advil, or any non-steroidal anti-inflammatory which will interfere with normal blood clotting. Beware, many over-the-counter medicines contain aspirin or ibuprofen. If you have any questions, call the office or your pharmacist.
2. In some instances, blood thinning agents may be continued during surgery with Dr. Prystowsky's approval. If you take Plavix or Coumadin, please consult with Dr. Prystowsky.
3. **NO SMOKING:** Nicotine reduces blood flow to the skin and can cause significant complications during healing.
NO ALCOHOL: (beer, wine, liquor) one day before, the day of, and one day after surgery.
4. If you develop a cold, infection, or change in your medical condition, please notify the office. Your procedure may have to be rescheduled.
5. Take a shower and brush your teeth, the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.
6. Please have breakfast and or lunch as usual – fasting is not required for your procedure.
7. Do not apply any of the following to the area where surgery will be performed – creams, lotions, sprays, perfumes, powder. Using any of these products will add bacteria to the skin and increase the risk of infection.
8. Wear comfortable, loose-fitting clothes that do not have to be put on over your head. We recommend a button-up top and pull on pants, and easy-to-slip-on flat shoes.
9. **Support Hose:** Only for patients having surgery on the lower leg or top of foot:
Bring a pair of over-the counter knee high support hose (15-20mm Hg).
10. If you are not recovering at home, it is very important that we have the number where you can be reached after surgery.
11. The day after surgery, you will receive a post-op call to check on your progress.