

New England Dermatology & Laser Center
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DERMATOLOGIC SURGERY PREOPERATIVE INSTRUCTIONS

1. Please make sure that your list of medications is accurate and up-to-date, including those that you may have discontinued for surgery.
2. If you have stitches following your surgery, you will most likely have restrictions on your activity for approximately 2-3 weeks. This includes avoidance of heavy lifting, bending at the waist and strenuous activity (i.e. including exercise, golf, yard work, etc.)
3. Please do not take any aspirin (including baby aspirin, Bufferin, Alka-Seltzer and Anacin) for 2 weeks prior to your surgery. All of these medication cause thinning of the blood, which can result in increased bleeding during your surgery. If you are taking aspirin for a history of heart problems, stroke, blood clot or other medical condition, do not discontinue it, unless specifically advised to do so by your prescribing physician. Aspirin may be resumed 48 hours after surgery. Tylenol does not contribute to increased bleeding and can be used for relief of aches and pains.
4. If possible, please do not take any vitamin E, ginkgo, ginseng, garlic fish oil, herbal supplements or anti-inflammatory pain medications (such as ibuprofen, Advil, Motrin and Alleve) for 2 weeks prior to your surgery. These also cause thinning of the blood, which can result in increased bleeding during and after surgery. These medication and supplements may be resumed 48 hours after your surgery.
5. With the exceptions noted above, you should take all of your daily medications as usual on the morning of your surgery.
6. If you have been instructed to take an antibiotic before all routine dental procedures or surgery, take your first dose of antibiotic 1 hour before your appointment. If you do not have a prescription, please call us as soon as possible before your surgery date, so that we may determine whether a prescription is necessary for your surgery.
7. If you take Coumadin (Warfarin) or another physician-prescribed blood thinner, you should continue to take it, but please have your doctor fax your most recent blood work (INR) to our office. Faxes should be addressed to your physician or physician assistant here and faxed to (413) 732-6534.
8. Alcohol use may increase bleeding and should be stopped for 3 days before and 3 days after surgery.
9. Smoking causes changes in the bloodstream that interfere with the process of normal wound healing. This can negatively affect the cosmetic outcome of your surgery and limit our options for repairing your wound. Please make every attempt to quit smoking for 2 days before and 2 weeks after surgery.
10. You may eat normal meals prior to your procedure. Fasting is not required.
11. If you are unable to keep your scheduled appointment for surgery, please contact our office immediately to reschedule.