

PRE-OPERATIVE INSTRUCTIONS FOR EXCISIONAL SURGERY

1. If you are taking Ibuprofen (Advil), Naproxen (Aleve), or Aspirin for pain relief, please discontinue 7 days before your surgical procedure. You can take acetaminophen (Tylenol) for pain relief during this time.
2. If you are taking Aspirin for “preventative” purposes and do not have a history of coronary or cerebrovascular disease, and do not have explicit instructions from your physician to take Aspirin, please discontinue its use 7 days before your surgical procedure.
3. Please let Dr. Litani know if you are on Coumadin or Plavix. We may need medical clearance from your PCP or cardiologist.
4. Please avoid alcoholic beverages for 2 days before and 2 days after your surgical procedure.
5. Please avoid Vitamin E, Gingko biloba, ginseng, ginger, St. John’s Wort one week before surgery.
6. Besides the above mentioned medications, please take your normal prescription medications, including blood pressure medications, before your surgery.
7. If you become anxious during surgical procedures, please let the office know and Dr. Litani will write a prescription for Valium or other anti-anxiety medication that you can **bring** with you the day of your procedure. Please do not take the medication before coming to the office.
8. Please let Dr. Litani know if you have a pacemaker or defibrillator.
9. If you take antibiotics before a dental visit or other medical procedures or have an implantable orthopedic device, please let Dr. Litani know and she will write you a prescription for prophylactic antibiotics to take prior to your surgery.
10. On the day of your surgery, eat as normal. **DO NOT come for surgery on an empty stomach,** as you may become lightheaded during the procedure.
11. Wear comfortable, loose fitting clothing. Avoid “pull-over” or “turtleneck” tops, as you may not be able to put such clothing back on over facial bandages at the end of surgery.
12. If your surgery involves the head or neck region, please wear minimal or no cosmetics (make-up), as they may increase the risk of infection and will have to be removed preoperatively.
13. If your surgery involves the leg or foot, please wash your skin thoroughly from the waist down with an antibacterial soap such as Dial, Lever 2000, or chlorhexidine (Hibicens) for 3 days prior to surgery.