

Pre-Surgery Instructions

You have a surgical procedure scheduled with Dr. Stites/Matt Patton PA-C on _____ at _____AM/PM. Please follow these instructions to minimize the risk of complications during and after your procedure.

1. *Medical History* - Please inform the doctor of any allergies to medications or medical problems that he may not have asked about. If you have had heart surgery or valve replacement, heart murmur, mitral valve prolapse or pacemaker, please tell the doctor. Also, please let us know if you have any artificial joints.

2. *Stop smoking*. Smoking impairs the body's ability to heal. Smoking will increase your risk for infection and excessive scarring due to surgery. Stop smoking one week before and for two weeks after your surgery.

3. *Bleeding complications* - There are a few oral agents that increase bleeding during surgical procedures:

Aspirin or aspirin-containing products - This includes many cold preparations; please read the label prior to taking any over-the-counter medications. Unless you are taking aspirin for treatment of a medical or heart condition, or for stroke prevention, these products should be discontinued 7-10 days prior to the procedure. If you are taking aspirin for any of the above reasons, please contact your prescribing physician for permission to stop. Tylenol or acetaminophen may be taken if a pain medication is needed during this time period. You may resume taking aspirin 24 hours after the procedure.

- Prescription medications including Coumadin (warfarin), Plavix (clopidogrel), Eliquis, and Pradaxa. Speak to the prescribing physician about discontinuing these before surgery. Do not stop them without discussing with your doctor.
- Ibuprofen, Nuprin, Advil, Motrin, Aleve, and other non-steroidal anti-inflammatory drugs (NSAIDs) including many prescription pain medications and arthritis pain medications. If you are unsure if a medication you are taking falls into this category, please ask your doctor. If possible, these medications should be discontinued 3 days prior to the procedure. Tylenol may again be taken as an alternative. Again, these medications may be resumed 24 hours after the procedure.
- Vitamin E may increase bleeding. If you take Vitamin E or a supplement containing this vitamin, please stop this medication 3 days prior to the procedure. You may resume this medication the day after your procedure.
- Alcohol may also increase bleeding during procedures. If you drink alcohol, please do not drink any beverages or medications containing alcohol for 3 days prior to the procedure. You may resume any alcohol use the day after the procedure.
- Herbal medicines and natural foods. Several medicines in this classification have Coumadin-like or blood-thinning effects. These include Ginko biloba, ginger, garlic St.

Johns's Wort, and feverfew. These may increase bleeding during the procedure. Please stop these medications one week prior to the procedure. You may resume these medications the day after surgery.

4. *Infection* - This is a possible complication whenever the skin barrier is disrupted. There are a few things you can do to decrease your chance of developing a wound infection: If you have a history of wound infections after surgical procedures, please tell your doctor. He may wish to prescribe oral antibiotics for you to take prior to this procedure.

- Cleanse the skin the morning prior to the procedure. Use an antibacterial soap if you have one such as Lever 2000 or Dial.
- Do not apply cosmetics to this area if surgical site is in an area where you would normally wear make-up.
- Do not shave the area the morning prior to the procedure. This has been shown to increase the risk of infection. If the surgical site is in a hair-bearing area, we may elect to shave the site and a very small surrounding area immediately prior to the procedure.

5. *Post-Operative Activity Restrictions* - Plan to limit your activity for 24-48 hours after the procedure. Any activity that increases blood pressure can cause post-operative bleeding. After this time period, specific limitations in activity will depend on the surgical site, the type of activity and whether or not there are stitches present. Ask your doctor for specific limitations. If this is an elective procedure, and you have planned activity, which you feel may interfere with healing, you may choose to schedule your procedure after this planned event.