

PRE-OPERATIVE INSTRUCTIONS

Do not take any aspirin or aspirin-containing products (Bufferin, Alka Seltzer, Anacin, Excedrin, Ecotrin, Equagesic, Norgesic, Fiorinal, Percodan, Vanquish, Empirin) for two weeks prior to surgery, as this will cause increased bleeding.

Do not take Motrin (Ibuprofen, Advil, Nupren, Rufen), Clinoril, Naprosyn (Alleve), Vitamin E, or Trilisate for two weeks prior to surgery. If you are taking Coumadin or Plavix, please let us know in advance. As always, please check with your Primary care physician before stopping any medication.

Do not drink alcohol two days prior to and two days after surgery.

On the morning of the surgery:

- a. Eat breakfast
- b. Take your daily medications (except of course for aspirin or other medications prohibited above).
- c. Wash with soap and shampoo your hair, as your wound and initial dressing have to remain dry for 24 hours after surgery.

You will most likely have sutures placed which will have to be removed approximately seven to fourteen days afterward. If you feel you cannot return for suture removal, please let us know immediately.

Plan to avoid heavy lifting after surgery on the arms or trunk. Plan to stay off your feet as much as you can after surgery on the legs.

If you become pregnant before your surgical appointment, please notify your doctor.

If you have any questions, please call the office at:
781-762-5858 • 508-520-3387 • 508-543-5102