

PRE-OP FOR SURGICAL EXCISIONS

Due to the extended length and special nature of surgical appointments, a 24 hour notice is required to change or cancel them. Appointments changed or canceled without the requested notice can be rescheduled with a \$100 deposit. The deposit is applied to charges associated with the surgery; any remaining funds will be returned by Piedmont Healthcare.

Medications

If you take blood thinners (e.g., Warfarin, Xarelto, Plavix, Pradaxa, Savaysa or Eliquis), please make sure to notify our office so that we can refer you to a surgical practice properly equipped to provide treatment for patients who take these medications.

Discontinue the following pain medications seven (7) days prior to and following your surgery: Ibuprofen (Advil, Motrin, Nuprin), Ketoprophen, Naproxen (Aleve), Orudis, Celebrex, and Feldene. These medications can increase bleeding. Tylenol is a good alternative. Aspirin should be discontinued ten (10) days prior to and following surgery.*

***NOTE: If you take a daily aspirin prescribed by another physician, do not discontinue it unless the prescribing physician indicates that it is acceptable to do so. If you are unable to stop the medication, please call our office to let us know.**

Supplements

Discontinue any non-essential supplements, including multi-vitamins three (3) days prior to and days following your surgery. This includes, but is not limited to: Vitamin E, Fish Oil, Omega-3 supplements, Garlic, Ginger and Ginkgo biloba. Many supplements also are associated with increased bleeding.

Smoking/Alcoholic Beverages

Smoking can greatly impair your ability to heal. You should be smoke/nicotine free for four weeks prior to your surgery. Alcoholic beverages should be avoided for three (3) days prior to and following your surgery.

Antibiotics

Take pre-op antibiotics as directed if they were prescribed for you. If you believe you need pre-op antibiotics and were not given a prescription, please contact our office and ask to speak to someone in the clinic.

The Day of Surgery

Please be sure to arrive on time, or a few minutes early, for your procedure to check-in. Dress comfortably and eat as you would normally. Take your regular medication unless directed to do otherwise (see note regarding blood thinners and aspirin). Bring someone who can drive you home if you feel you need to or have been advised to do so.

Your appointment will take 1-1.5 hours. Expect to have a pressure dressing placed over the surgical site. This should remain in place for 24-48 hours. If your surgery involves the scalp, you may have dressing wrapped around your entire head, which should remain in place for 24 hours.

Wound Care Supplies

The following supplies may be helpful in caring for your incision after surgery. Most can be purchased at a local pharmacy or other store that stocks medical supplies (e.g., Wal-Mart, Target, etc.).

Tylenol
Ice Pack

Vaseline
Bandage Tape

Q-tips
Tefla-type, non-stick bandages

****If you have trouble removing a bandage, apply baby or vegetable oil to loosen the adhesive.**