

### How to Prepare for Surgery

#### **Your blood pressure:**

Be sure that your blood pressure is controlled. If your diastolic blood pressure (the lower number) is above 100 mmHg, we cannot safely perform the surgery.

#### **Blood thinners:**

**Do not stop your blood thinners or aspirin if prescribed by your doctor.**

#### **Mark your calendar:**

Ten days prior to surgery (to minimize the risk of complications from bleeding) stop:

- Aspirin (Bufferin, Excedrin, etc) if **self-prescribed**
- Ibuprofen products (Aleve, Advil, Motrin, etc.) if **self-prescribed**
- Vitamin E
- Herbal remedies (garlic pills, fish oils, ginko, etc.)

Four days prior to surgery, avoid:

- Alcohol-containing beverages (beer, wine, liquor, etc.)
- Alcohol-containing remedies (Nyquil, cough syrup, etc.)

On the day of the surgery:

- If prescribed, take your prophylactic antibiotics one hour prior to the appointment
- Have your usual meals

#### **After surgery:**

- Plan to keep the bandage dry for 24 hours
- Plan to start washing wound with Hibiclens and rinse 24 hours after surgery. (You can purchase the Hibiclens in advance from your local pharmacy.)
- Plan to relax the first two days
- Plan to strictly avoid exercising, heavy lifting, and straining for two days
- Plan to avoid motions that stretch the wound for the first four weeks
- Plan to avoid pools, baths, and hot tubs until the sutures are removed
- Showers are ok after the first 24 hours

Depending on the location of your surgery, sutures are removed one to two weeks after your procedure. Problems after surgery are rare, but possible. Please avoid planning trips within the first three weeks after the surgery so that we can manage any complications should they occur.