



Surgery Date: \_\_\_\_\_

Surgery Time: \_\_\_\_\_

Provider: \_\_\_\_\_

**To change or cancel your appointment, please provide 48 hour notice or a \$100 fee will be assessed.**

**Please take photo of biopsy site with landmarks and bring with you.**

### **How to Prepare for Surgery**

#### **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.

**DO NOT Stop your blood thinners or aspirin if prescribed by your doctor.**

**We recommend that you stop the following products but if you do not we will still be able to perform your surgery**

**Seven days prior to surgery** we ask that you discontinue **self-prescribed** blood thinners  
Such as: Aspirin (Bufferin, Excedrin, etc.), Ibuprofen products (Aleve, Advil, Motrin, etc.), Vitamin E, Herbal remedies (garlic pills, fish oils, ginkgo, 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 wound dressing that was applied in the office dry for 24 hours.
- 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 and baths unless you apply a waterproof bandage and tape.
- Plan to avoid swimming in oceans, lakes, or streams until the sutures are removed.
- Plan to avoid hot tubs until the sutures are removed.
- Plan on being allowed to shower after the first 24 hours

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.