



In Office Procedure

Prior to Surgery -

2 Weeks prior to surgery:

- DO NOT take aspirin or aspirin-containing medications such as Ibuprofen (Advil) or Naproxen (Aleve).
- Discontinue any blood thinning herbal supplements (ex. St. John's Wort, Fish Oil, Vitamin E, Turmeric, Flaxseed oil, Biotin, Ginkgo, Garlic, etc.) for 2 weeks prior to surgery and for 3 days following your procedure. ***Contact your pharmacist if you are unsure if a medication contains aspirin. Standard Multivitamins, Vitamin D, Calcium, and/or Tylenol are okay.
- If you are taking any medications, please consult with your surgeon at the time of your preoperative appointment regarding which medications you may take the morning of surgery.
- It is important to maintain good nutrition with balanced meals. Drink plenty of fluid.

Day of surgery:

- Bring your Driver's License or I.D. card along with your Medical Insurance card.
- Bathe or shower as usual, but do not apply any lotions, deodorant, etc. Do not shave 3 days prior to your surgery.
- Wear comfortable clothing, ideally a button-up or zip-up top and leave all valuables at home.
- If you develop cold/flu symptoms, any other infection, or a skin eruption within one week of your surgery please report this to our medical staff.