

**Wichita Dermatology & Aesthetics**  
**1911 N. Webb Rd.**  
**Wichita, KS 67206**  
**(316) 682-7546**

## **Preoperative Instructions**

**\*Please read the information below entirely and carefully.**

You have been scheduled for surgery at our **eastside** office located at **1911 N. Webb Rd.**, Wichita, KS 67206.

**Date of Procedure:**

**Time:**

### **General Information**

If for some reason you are unable to keep your appointment, please notify the office as soon as possible. Please arrive on time or your surgery may be cancelled. If you fail to cancel your surgery appointment prior to 24 hours of the time the surgery is scheduled, you may be subject to a **\$100.00** fee.

We strongly advise you to avoid tobacco or nicotine products 2 weeks prior and 2 weeks after your surgery. Failure to do so may result in poor wound healing and other complications.

You should inform us of any drug allergies or sensitivities that you may have.

You should inform us of any joint replacements or heart valve replacements you have had, any organ transplants, if you have a pacemaker or defibrillator, if you are immunosuppressed or take any medications that suppress your immune system, if you have leukemia or lymphoma, if you are being treated for another type of cancer, if you have diabetes, or if you smoke or use any form of tobacco.

Notify us if you have any fever, illness or cold sores developing immediately prior to your surgery, as this may affect the timing of your surgery.

We advise that you remain in town for at least 3 weeks after your surgery for suture removal and possible post-op complications.

Depending upon the location and nature of your surgery, there may be activity restrictions which will be specified at the time of surgery. In general, avoid exercise, heavy lifting, stooping or bending, or any other type of physical exertion for 1 week after the surgery (longer periods may be specified depending on the site of your surgery). Avoid exposure of the surgery site to sources of potential dirty water such as hot tubs, swimming pools, lakes, and oceans until stitches are removed and the wound is completely healed.

### **What you need to know about Blood Thinners**

Anything that thins your blood increases the amount of bleeding during surgery and increases the risk of complications from bleeding after surgery. Follow the instructions below concerning blood thinners.

1. Do not consume **alcohol** for 3 days prior and 3 days after your surgery.
2. Stop all **vitamins and supplements** for 10 days prior and 3 days after surgery.
3. If you take **Aspirin 81mg** (Baby Aspirin) only for prevention, stop taking it for 10 days prior and 3 days after surgery.

4. Stop all **NSAID's** (Ibuprofen, Advil, Naproxen, Aleve, Diclofenac, Celebrex, Piroxicam, Indomethacin, Ketorolac, Meloxicam, Sulindac, ect.) for 3 days prior to surgery.
5. **Prescription blood thinners should not be stopped.** Prescription blood thinners include: Anagrelide (Agrylin), Apixaban (Eliquis), Argatroban, Aspirin, Aspirin/Dipyridamole (Aggrenox), Bivalirudin (Angiomax), Clopidogrel (Plavix), Cilostazol (Pletal), Dabigatran (Pradaxa), Dalteparin (Fragmin), Desirudin (Iprivask), Dipyridamole (Persantine), Edoxaban (Savaysa), Enoxaparin (Lovenox), Eptifibatide (Integrilin), Fondaparinux (Arixtra), Heparin, Prasugrel (Effient), Rivaroxaban (Xarelto), Ticagrelor (Brilinta), Tirofiban (Aggrastat), Vorapaxar (Zontivity), Warfarin (Coumadin)

**\*This list may not be all inclusive as new medications become available**

### **Day of Surgery**

Bathe the day of, or night before surgery as the surgery site will have to be kept dry for at least 48 hours after surgery, and sometimes longer.

Wear comfortable clothing that is easy to get in and out of, and that will allow enough room for a bulky bandage.

Do not wear jewelry.

Do not wear makeup of any kind if your surgery is on the face, neck, scalp, or ears.

Prior to surgery eat meals and take your medications as you normally would (with the possible exception of blood thinners, see above).

Take any preoperative medications, prescribed by our office, as directed.

It is advised that you bring someone along who can drive you home after surgery, as in certain situations you will not be able to drive yourself.

The procedure is usually done under local anesthesia, which involves some initial discomfort. The discomfort is usually short lived and well tolerated.

**If you have any questions regarding your procedure, please call (316) 682-7546 and ask for the "Surgery Desk".**