



Debra Tanner Abell, MD
Dermatology & Cosmetic Skin Care

Pre-Surgery Instructions

When scheduling a surgery, please keep in mind that there may be activity restrictions for at least 2 weeks post-procedure. There is a 48 hour cancellation policy for procedures.

STOP ASPIRIN AND ALL BLOOD THINNERS 5 DAYS PRIOR TO SURGERY!

Ask your doctor if you can stop them safely.

These medications should also be discontinued 5 days prior to surgery:

Aspirin	St. John's Wart	Feverfew	Ginseng
Advil/Ibuprofen	Vitamin E	Fish Oil	Red Clover
Motrin	Don Quai	Garlic	Gingko
Aleve/Naproxen	Licorice	Willow	Other NSAIDS

DO NOT drink alcohol 24 hours before or after surgery.

On the day of surgery:

- Please do not apply anything to the area of surgery or surrounding area including creams, ointments, and cosmetics.
- Wear comfortable clothing.
- We recommend that you find someone to transport you to and from your appointment.

During the procedure:

- Xylocaine with Epinephrine will be used as a local anesthesia in order to reduce pain and discomfort. **Please let us know if you are allergic to these medications 48 hours prior to the date of surgery.**
- You will have sutures close to the skin and the area will be bandaged. This is a surgery and there may be a resulting scar. All steps will be taken to minimize this as much as possible.