



2307 Homer Clayton Drive
Guntersville, AL 35976
PHONE: 256-571-8770

Surgery Date & Time:

PREPARING FOR YOUR SKIN SURGERY

ALL SURGERIES MUST HAVE A VERBAL CONFIRMATION THE DAY BEFORE. PLEASE CALL THE OFFICE TO CONFIRM OR THE SURGERY WILL BE CANCELLED & FILLED WITH SOMEONE ELSE

DO: Do arrive TEN minutes before your scheduled surgery appointment – if you are more than 15 minutes late, we may have to re-schedule your surgery.

Do eat a normal meal before surgery; bring a snack.

Do shower and shampoo the night before and morning of surgery.

Do take all your regular medicines unless the doctor tells you otherwise.

Do tell the doctor/staff if you have any allergies to medicines or bleeding problems.

Do wear a shirt that buttons all the way down (not a pull-over). Do NOT wear jewelry. If you're having face surgery, do NOT wear makeup and have hair pulled away from surgery site.

Do wear warm socks to the office

Do tell the doctor if you do not feel well or have a cold.

DON'T: Don't have alcohol (wine, beer, whiskey) from one week before until one week after surgery.

Don't take herbs (garlic, ginseng, ginkgo), vitamin E, niacin, fish oil (omega-3 fatty acids) or non-steroidal anti-inflammatory medicines (Motrin, Nuprin, Advil, etc) for one week before surgery. They can cause bleeding.

Don't stop aspirin **UNLESS** your doctor says you can stop one week before surgery.

Don't stop Coumadin/Warfarin before surgery (INR blood test needs to be done one week prior to surgery and needs to be 2.5 or less). Please contact us with your INR **at least 48 hours before your surgery.**

Don't smoke excessively and don't smoke within 2 hours before surgery (it slows healing). It is best not to smoke at all.

AFTER SURGERY:

There will be a post-op follow-up. If possible, please stay in the local area for 14 days post-op. Let the staff know if you cannot do this. The wound takes about 30 days to become strong. Please modify your work and/or play schedule to prevent the wound from opening.