

Pre-op information sheet

One week before surgery:

- If you can, stop taking ibuprofen-containing or similar medicines (Advil, Motrin, Alevbe, Orudis, naproxen, ketoprofen, etc). If you take a baby aspirin, (81 mg), **solely** for cardiac prevention and not because you have had a heart attack or stroke, you may stop one week prior to surgery as well.
- These medicines can cause an increase in bleeding during and after surgery and should be avoided if possible for the week prior to surgery. If you require these medications, please continue them. We have many ways to control any additional bleeding these medications cause. If you need a pain medicine during this week, please try acetaminophen (Tylenol), as this will not thin your blood.
- It would also be helpful to discontinue vitamin or herbal supplements as many of these (including vitamin E, omega 3 fatty acids and others), can also thin your blood and lead to more bleeding. Alcoholic beverages can have the same effect. Try to minimize intake.

Antibiotics:

- If you were prescribed or normally take antibiotics prior to dental work or surgery, please start them as directed. If you believe you need pre-op antibiotics and were not prescribed them, please call us at (262) 754-4488 and leave a message regarding your surgery.

The day of surgery:

- If possible, bring someone with you.
- Wear comfortable clothing.
- Your appointment will last approximately 1 hour including pre-op preparation and post-op instructions.
- Eat normally the day of your surgery. You do not need to fast.
- Take your regular medications unless directed otherwise.
- Expect to have a large pressure dressing placed over your surgical site. This should remain in place for 24-48 hours. If your surgery involves the scalp, it is possible that you may have a dressing wrapped around your entire head to achieve pressure to the surgical wound.
- If possible, take the remainder of the day off work to minimal post-operative bleeding.

Following your procedure:

- While you have stitches in place, avoid activities that may place strain on your incision. This includes workouts that significantly raise blood pressure or lifting weights. This is to help prevent bleeding, pulling of sutures and poor wound healing. If you are in doubt about what is acceptable, clarify with the doctor or nurse.
- Use an ice pack and take acetaminophen (Tylenol) to help prevent swelling and discomfort.
- You will be given written instructions on how to care for your incision and how to reach us both during business hours and after hours if needed.
- No repeated lifting or bending.
- No activity that raises your heart rate such as exercise, excessive stair climbing, lawn mowing, leaf raking, snow shoveling or exercise walks.
- For surgery on the head or neck, no activity that repetitively puts your head below heart level such as golfing, bowling or gardening.
- No swimming while stitches are in place.

Wound care supplies you may wish to purchase before your procedure:

These items can be purchased at any store that stocks medical supplies, (i.e. Walgreens, CVS).

- Acetaminophen (Tylenol)
- Vaseline petroleum jelly
- Q-Tips
- Ice pack
- Non-stick bandages (Telfa)
- Paper tape

We hope that this information helps you to be well prepared for your surgery. We look forward to seeing you in the near future. Thank you!