**PRE AND POST SURGERY INSTRUCTIONS**

The following is a list of medications you should avoid for 7 - 10 days prior to your appointment because they can lead to excessive bleeding and possible bruising:

* Aspirin
* Over-the-counter cold medications that have aspirin (Excedrin, Contac)
* Advil (Ibuprofen), Motrin
* Aleve (Naprosyn, Nuprin)
* Vitamin E
* Fish Oil
* Omega 3 and Omega 6 Supplements
* Gingko Biloba
* Turmeric

On the day of your appointment, you should plan to arrive at the office about 10 minutes early in order to get fully prepared for the surgery.

**AFTER SURGERY:**

* Have Aquaphor Ointment on hand to be used after surgery
* Don’t wash the area until the next day, at which time you will remove the bandage, then apply Aquaphor and a fresh band aid each day until healed, up to 7 days
* Do do not exercise for two weeks unless other instructions are specifically discussed with one of the doctors.