



## Pre-Surgical Instructions

Dear Patient,

We look forward to seeing you for your upcoming surgery appointment. Here are your pre-surgical instructions to help your procedure run as smoothly as possible.

### **STOP taking the following:**

#### **7 Days Prior**

- Aspirin
- Aspirin-containing or aspirin-like products (Motrin, Aleve, Nuprin, etc.)
- NSAIDS (Naproxen, Diclofenac, Mobic, Ibuprofen, Advil, Celebrex, etc.)
- St. John's Wort
- Fish Oil

#### **3 Days Prior**

- Primrose Oil
- Omega 3, 6, and 9

These medications can interfere with blood clotting and may cause bleeding during surgery. If you do not stop taking these medications, Mona Dermatology has the right to reschedule your procedure to ensure a better outcome for you.

Please discuss stopping Plavix, Coumadin, Warfarin, Lovenox, Xarelto, Pradaxa, Eliquis, Heparin, or any class of medications that includes a blood thinner with your prescribing physician and let us know at least one a week before surgery if your physician advises continuing to take them.

Tylenol (acetaminophen) may be taken as a replacement for aspirin if needed.

If there are any questions about aspirin or blood thinners, please contact us or your family doctor.

**Your surgical procedure will most likely require both internal and external stitches. Please be aware that your physical activity will be limited for at least 2-3 weeks after your procedure. This includes yoga, golf, tennis, swimming, running, heavy lifting, etc.**

