



SOUTHLAKE DERMATOLOGY

1170 N. CARROLL AVE. SOUTHLAKE, TX 76092

WWW.SOUTHLAKEDERMATOLOGY.COM

MAIN 817-251-6500 FAX 817-442-0550

Pre-Procedural Instructions

1. **Stop all aspirin ten days** before the day of surgery. Aspirin thins the blood and may cause excessive bleeding during or after surgery. Many products, including over-the-counter and prescription medications, contain aspirin. Examples include (but are not limited to): Alka-seltzer, Anacin, Ascriptin, Bufferin, Ecotrin, Equagesic, Excedrin, Disalcid, Monogesic, Salflex, and Trilisate.
2. If you are on aspirin because of a heart condition, history of stroke, or problem with blood clotting, please consult your primary care physician before stopping the aspirin.
3. **Stop all “non-steroidal anti-inflammatory drugs” (NSAIDS) 7 days** before the surgery. These medications are usually taken for pain. Like aspirin, they too thin the blood. Examples of NSAIDS include (but are not limited to): Aleve, Advil, Anaprox, Ansaid, Butazolidin, Clinoril, Dolobid, Feldene, Indocin, Lodine, Meclomen, Medipren, Motrin, Nalfon, Naprosyn, Nuprin, Orudis, Ponstel, Rufen, Tolectin, Toradol, and Voltaren.
4. If you need to take some pain medication, Tylenol will be fine.
5. Stop fish oil supplements, alcohol, garlic, and vitamin E supplements **7 days** before surgery.
6. You may also elect to use **Auriderm** after your procedure to minimize bruising. We have this topical Vitamin K product available at the office.
7. Eat a **light meal** prior to your procedure.