



FOOTHILL DERMATOLOGY  
MEDICAL CENTER

## Preoperative Instruction for Surgery

Avoid All BLOOD THINNERS (Any Aspirins, Caffeine, Ibuprofen, Multi Vitamin, Vitamin E) **PLEASE AVOID TWO WEEKS PRIOR TO YOUR SCHEDULED SURGERY.** Also a list will also be provided of all known blood thinners.

If you are on Coumadin (Generic Warfarin), Plavix, or Baby Aspirin for any Cardio (Heart Condition) Please check with your Prescribing Physician before stopping your blood thinner as he/she will advice how many days to stop your blood thinner prior to your surgery.

(If you cannot stop your blood thinner, we can still proceed with your surgery, but please inform us if your blood thinner was not stopped on the day of your surgery).

Have breakfast or lunch depending on what time you're scheduled. (Do not come in on an empty stomach)

Arrange for transportation if surgery if performed around your eyes

Items you will need to Purchase:

Bag of Frozen Peas (as they will help with any possible swelling and bruising after surgery)

Polysporin Ointment (if you don't already have it)

Telfa Pads 2x3 non-adhesive/Taper Tape (If can not find a Large Bandaid will do)

Dove Unsented Soap