

Brandon Dermatology
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24-Hour Phone: (813) 662-3376

Preparing for Your Skin Surgery: Do's and Don'ts

DO:

1. Shower and shampoo the night before and the morning of surgery.
2. EAT normal meals before surgery (unless you're having general anesthesia in the hospital).
3. Tell the doctor if you have any allergies to medicines or have a bleeding problem.
4. Take ALL of your regular, prescribed medicines unless the doctor tells you not to.
5. Wear an old shirt that buttons all the way down (not a pull over). Wear absolutely no jewelry. If you're having face surgery, wear absolutely no make up and have your hair pulled back away from the surgery site.
6. Bring an old blanket to the office if you desire.
7. Wear warm socks to the office.
8. Tell the doctor if you have a cold or don't feel well.
9. Have someone drive you home from the doctor's office after surgery. One person may keep you company in the reception area, or we can call your ride to pick you up on half hour before you're ready to leave.

DON'T:

1. Don't have ALCOHOL (wine, beer, spirits) from one week before until one week after surgery.
2. Don't have vitamin E, niacin, fish oil tablets (omega-3 fatty acids), or non-steroidal anti-inflammatory medicines (Advil, Aleve, Motrin, Naprosyn, etc.) for one week before surgery. They can cause bleeding.
3. Don't take aspirin unless your doctor has prescribed it for your heart. Then, only discontinue the aspirin for one week before surgery if your doctor says this is okay. For headaches or aches and pains, take acetaminophen (Tylenol) which does not cause bleeding.
4. Don't smoke excessively (it slows healing). It's best not to smoke at all. **DO NOT** smoke within 2 hours before surgery.

BEFORE SURGERY:

1. You may be given an antibiotic to take prior surgery if Dr. Berrios orders it for you. Take the appropriate amount of medicine as prescribed one hour prior to your surgery appointment time.
2. Take acetaminophen (Tylenol) to prevent discomfort before or after surgery. This is a non-prescription medicine. Acetaminophen (Tylenol) doesn't cause bleeding and may be used before or after surgery.
3. It's a good idea to use the restroom before surgery. Ask the receptionist to show you the way.
4. Please ask if you have any questions before, during, or after surgery. We want to work with you to make your surgery successful.