

ADVANCED LASER & SKIN CANCER CENTER, L.L.C.

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PRE-OPERATIVE INSTRUCTIONS

The following instructions and suggestions will help you through an easier course of surgery. Your preparations are as essential as those of the doctor and staff for the best results.

- (1) **Don't take any aspirin**- or ibuprofen-type medications, fish oil, and vitamin E for one week prior to surgery. Multivitamins are okay.
- (2) Don't stop taking Coumadin, Warfarin, or Plavix.
- (3) On the day of surgery, use any soap to shower or bathe and keep it clean.
- (4) Do not drink alcohol for at least 24 hours prior to surgery.
- (5) Get a good night's sleep, **eat a normal breakfast**, and take all of your usual medications on the day of the surgery.
- (6) Sometimes, the surgery takes a long time because the surgery is very detail oriented. Please be patient during the surgery day.
- (7) Bring a good book or something to help you pass the time while the specimens are examined. Also, bring a sweater or light jacket with you.
- (8) If you like, please bring a friend or a family member, who can spend the daytime with you and take you home afterwards.
- (9) If for any reason you cannot keep your appointment, please reschedule or cancel two days before your surgery.

We will see you -- Approximate time:_____ Date:_____ Day: _____

Please don't hesitate to call 201-836-9696 if you have any questions.