

Very Important. Do not eat or drink anything after midnight the night before surgery. This includes coffee, juice and water.

On the day you are scheduled for surgery, please report to surgery center/hospital at the instructed time. Following surgery, follow these simple rules. Depending on which type of procedure you receive, the doctor may provide you with additional instructions. Please follow them carefully.

- Do not remove any dressing.
- Call the office if you experience bleeding through your dressing.
- Avoid any strenuous activities until your doctor gives approval.
- Keep the dressing dry.
- Take antibiotic and pain medication as directed by doctor.
- DO NOT take aspirin, aspirin-related products, and non-steroidal anti-inflammatory medications (e.g. Motrin, Advil, and Ibuprofen).
- If the dressing comes off:
 - Clean site gently with hydrogen peroxide twice a day.
 - Apply a light coating of antibiotic ointment (Bacitracin or Polysporin).
 - Cover with a Band-Aid.
- To decrease any swelling and bruising you may experience, elevate your head on pillows. You may also use an ice pack, but remember to keep your operative site dry.
- Once your sutures are removed:
 - Keep dressing on until it comes off on its own.
 - Clean once a day with hydrogen peroxide for one week after dressing comes off.
- Use a sunscreen with SPF 15 to prevent scarring and discoloration of your incision.