



Ph 843.837.4400 | Fax 843.837.4440

Bluffton

350 Fording Island Rd., Ste. 100 | Bluffton, SC 29910

Hilton Head Island

25 Hospital Center Commons, Ste 200 | Hilton Head, SC 29926

Port Royal

1813 Richmond Ave | Port Royal, SC 29935

PRE-OPERATIVE INSTRUCTIONS

If you are taking aspirin or anti-coagulant medications (Coumadin, Warfarin, Plavix, Clopidogrel, Ticlid, Ticlopidine, Pradaxa, etc) daily because your doctor prescribed it, **please call our office (843) 837-4400 to let us know.** If you take aspirin once daily for prevention (not because it was prescribed by a physician) then please stop this medication at least 10 days prior to your surgery.

PLEASE AVOID THE FOLLOWING FOR ONE WEEK BEFORE AND ONE WEEK AFTER YOUR SURGERY UNLESS OTHERWISE INSTRUCTED:

Anti-Inflammatory medications: Advil, Aleve, Ibuprofen, Orudis, Motrin, Nuprin, Naproxen Sodium, Ketoprofen, Naprosyn, etc

Herbals/Vitamins: All Herbals and vitamins including Fish Oil, Vitamin E, Gingko, Saw Palmetto, Multivitamins

Alcoholic Beverages, Beer, Wine

ANTIBIOTICS

If you normally take pre-op antibiotics prior to surgery, please start them as directed. If you believe you need pre-op antibiotics and were not prescribed them, please call us at (843) 837-4400.

THE DAY OF SURGERY

- Shower from the neck down hibiclens skin cleaning soap, available over the counter at any pharmacy
- Wear comfortable clothing and bring something to read.
- If you have a friend who can come with you, it is helpful but not necessary.
- We will use local anesthesia, you will not be put to sleep
- Eat normally the day of your surgery (you do not need to fast).
- Take your regular medications unless directed otherwise. (see above)
- Please arrive several minutes before your scheduled appointment time. We strive to stay on schedule, but ask that you be patient if we are running late. Unfortunately, surgical procedures can sometimes take longer than expected.
- Expect to have a large pressure dressing placed over your surgical site. This should remain in place 24-48 hours. If your surgery involves the scalp you may have a dressing wrapped around your entire head which should remain in place for 24 hours.
- Please take the remainder of the day off work to avoid post-operative bleeding.
- Know that you will not be able to perform strenuous activities for 2 weeks after surgery. This includes golf, tennis and heavy exercise.
- Please inform us the day of surgery if you have a pacemaker, defibrillator or have had any bad reactions to local anesthesia medications.

WOUND CARE SUPPLIES TO PURCHASE:

- Acetaminophen (Tylenol), Vaseline, non-stick bandages, paper tape, Q-tips, Ice packs (or frozen peas)
- We hope that this information helps you to be well prepared for your surgery. We look forward to seeing you in the near future. Please call (843) 837-4400 if you have any questions or concerns.