



# Radiant Skin Dermatology and Laser

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General | Cosmetic | Dermatologic Surgery

## PRE-OPERATIVE INSTRUCTION FOR MINOR OFFICE PROCEDURE

**Please follow these instructions carefully for one week prior to surgery:**

- Do not take Aspirin, Ibuprofen, Aleve, Ecotrin, Motrin, Nuprin, Vitamin E 200iu per day, Fish Oil, prescription fish oil (Lovaza), Advil, or any non-steroidal antiinflammatory to reduce the risk of bleeding.
- Beware, many over-the-counter medicines contain aspirin or ibuprofen. If you have any questions, call the office or your pharmacist.
- If your internist prescribed blood thinning medications for a medical condition, speak to your doctor or Dr. Dele-Michael before discontinuing your medicine
- **NO SMOKING:** Nicotine reduces blood flow to the skin and can cause significant complications during healing.
- **NO ALCOHOL:** (beer, wine, liquor) one day before, the day of, and one day after surgery.
- Take a shower and brush your teeth, the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.
- Please have breakfast and or lunch as usual – fasting is not required for your procedure.
- Wear comfortable, loose-fitting clothes.
- Make sure we have a number where you can be reached after surgery.
- Please call our office 212-229-0007 if you have any questions.

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