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Before surgery

- Please **do not** stop using any of the following medications if prescribed or recommended by a physician:
 - Aspirin, Plavix (clopidogrel), Coumadin (warfarin), any other anticoagulants (blood thinners)
- If your anti-coagulant (blood thinner) was not prescribed or recommended by a physician we recommend that you stop using them one or two weeks prior to surgery, if possible. For example:
 - Vitamin E, Garlic, Fish Oil Supplements, Ginseng, Ginkgo biloba
- Avoid drinking alcohol the night before and 48 hours after your surgery to decrease the risk of bleeding.
- Let us know if you have any of the following medical conditions so that we can prescribe antibiotics before your surgery:
 - prosthetic (mechanical) heart valve
 - history of endocarditis (infection of the heart) in the past
 - history of prosthetic (non-natural) material that has been surgically placed in the heart in the past 6 months
 - congenital heart defects that have not been surgically repaired
 - surgery for an artificial joint in the past two years
 - history of an infected artificial joint in the past
- Purchase a topical ointment (e.g. Vaseline Petroleum Jelly or Aquaphor Healing Ointment) so that you have it at home for use after your surgery. Ointment is important to the healing process after surgery.

Call our office if you have any questions prior to your surgery, (719) 265-0100



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On the day of surgery

- Please let us know if you have had a pacemaker or defibrillator implanted in your chest.
- Please avoid wearing unnecessary make-up, perfume and jewelry.
- Please bathe/shower and wash your hair as you may not be able to do so later that day depending on the location of your surgery.
- Please eat a meal before your surgery and make sure you are well hydrated. This will decrease the likelihood of light-headedness during the treatment.
- Consider having someone drive you to the appointment if you tend to get nervous or light-headed after medical procedures.
- Consider having someone drive you to the appointment if your surgery may require bandages near your eye, on your hands or on your feet.

After surgery

- Avoid drinking alcohol for 48 hours after your surgery to decrease the risk of bleeding.
- The first 48-72 hours are when most post-operative bleeding complications occur. Plan to take it easy. Do not participate in activities that will increase your heart rate and blood flow to the surgical site. This includes exercise and bending over at the waist to lift heavy objects.
- Do not plan on using a swimming pool or hot tub until the stitches have been removed.
- Plan on returning to clinic 5-14 days after surgery to have stitches removed. If you are leaving town during this time period please let us know.

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