



Plastic Surgery & Dermatology Associates (PSDA)

In Office Major Procedure Instructions for Dr. Lowe

Medications:

1. You must not smoke or use any nicotine products 6-8 weeks before and after all elective procedures unless specifically allowed by Dr. Lowe.
2. If you take anticoagulants such as Aspirin, Warfarin, Coumadin, Plavix, Heparin, Ticlid or Lovenox, your primary care physician must be consulted before discontinuing prior to scheduling surgery. Stop any Accutane use 1 year prior to any elective procedures. Use of any topical dermatologic agents should be discontinued as instructed by your dermatologist.
3. STOP all Herbal Medications, Vitamin E, Diet Pills, Multivitamins, and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn or Naproxen 7 to 10 days prior to surgery.
4. DO NOT TAKE ANY Diuretics or Water Pills the morning of surgery.
5. You MAY TAKE any HEART MEDICATIONS or BLOOD PRESSURE MEDICATIONS the morning of surgery with a sip of water, unless otherwise indicated by your doctor.
6. You MAY USE PRESCRIBED INHALERS AND you MUST BRING THEM WITH YOU the day of surgery.
7. If you are a Diabetic, DO NOT TAKE ANY DIABETIC PILLS OR INSULIN the morning of surgery.
8. If pain medication is needed prior to surgery, Tylenol CAN BE USED as necessary unless your doctor has arranged other pre-medication regimens.
9. If you have any further questions regarding your medications, please call your surgeon's office.

Skin Preparation:

BEFORE surgery, your body must be thoroughly cleaned with a special soap to decrease the amount of germs on the skin. Dial antibacterial soap may be used for this purpose. Using this soap will help reduce the chance of getting a wound infection after surgery.

Follow these instructions for proper skin preparation:

DO NOT shave the day of surgery. This can cause small abrasions or nicks in the skin, which allows germs to enter. If you want to shave, it must be done the night before surgery.

DO NOT use any creams, lotions, powders or underarm deodorant in the area where your surgery will take place. These items interfere with the solution used to prepare your skin in the operating room.

The evening before surgery:

Take a shower and wash your entire body with antibacterial soap. Work the soap up into lather. Wash your body, especially the surgical area, with a clean, fresh washcloth.

Rinse thoroughly because soap can leave a film, which may interfere with the antiseptics used to clean the skin in the operating room. Dry your body with a clean, fresh towel.

The morning of surgery:

Take a shower or wash the surgical area again with antibacterial soap. Work into lather and clean the body or surgical site with a clean, fresh washcloth. Again, rinse thoroughly, Dry your body with a clean, fresh towel, and put on clean, fresh clothes.

Additional Instructions:

1. DO NOT eat or drink anything 6 hours before your in-office procedure. This includes candy, mints, coffee, water, gum and cigarettes.
2. DO NOT wear any jewelry, make-up, nail polish, hair clips or contact lenses the day of surgery. Bring your glasses to wear after the procedure or a contact lens case and cleaning solution to the hospital if you wear contacts.
3. DO NOT bring any valuables with you to the office the day of your procedure if possible.
4. It is recommended that you wear loose, comfortable clothing to the office the day of surgery. Wear something that is loose enough to fit over the operated site that may have a bandage over it, especially if you are going home the same day.
5. Plan to arrive at Mercy Tower, Suite 1010, 30 minutes prior to your surgery time as told by your doctor. Valet parking is available on the South side of Mercy Tower.
6. If you are undergoing in-office sedation or medication with pain medicine, it is REQUIRED that you have a responsible person provide you with transportation after surgery, and must be able to stay with you 24 hours following surgery. You can take a taxicab home alone if approved by your physician.
7. Please call (405) 749-4227 if you have any further questions or concerns.