



**SHIDELER
DERMATOLOGY
GROUP**

Stephen J. Shideler, MD

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PREOPERATIVE INSTRUCTIONS

We recommend that you avoid alcohol two days (48 hours) prior to this procedure.

We recommend that you discontinue all aspirin containing products for two (2) weeks before the surgery, if possible. If you have a medical condition that requires that you take aspirin, DO NOT stop taking it without checking with the prescribing physician first.

We recommend that you also discontinue all NSAIDs two (2) weeks before the procedure. NSAIDs include Aleve, Motrin, Advil, Ibuprofen, and many other prescription anti-inflammatory medications, including some cold remedies. If the NSAID is prescribed to you by another physician, please check with him/her before discontinuing its use. Tylenol/Acetaminophen is fine.

Because Aspirin promotes bleeding, please discontinue aspirin products, vitamins, protein drinks, and any herbal products fourteen (14) days prior to your procedure. Alcohol, (including beer and wine) can also promote bleeding. It should not be consumed more than two (2) days prior to the procedure.

If you are not sure if a medication that you are taking contains aspirin or an NSAID, please ask our nursing staff or your prescribing physician.

Please discontinue Vitamin E supplements two (2) weeks prior to your procedure.

Please notify us if you are taking a “blood thinner” such as Coumadin or Warfarin.

Please notify us if you are allergic to novacaine or lidocaine, which are used to provide local anesthesia.

Please notify us if you have diabetes or take prednisone or other medications to suppress the immune system.

In order to provide the best care for our patients, if you need to cancel or reschedule your surgical appointment, we require you to notify us at least one (1) week prior to your appointment date. This will provide time for us to schedule another patient during that time, so that waiting time is kept to a minimum.

If you have any questions, please call us at (317) 846-2396.

We look forward to taking care of you.

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General, Cosmetic and Surgical Dermatology
*Botox[®], Thermage[®], Fraxel[®], Laser Hair Removal, Sclerotherapy,
Laser Vein Removal, Photorejuvenation, Laser Skin Resurfacing,
Acne Laser Therapy, Hair Transplants, Liposuction,
Therapeutic Facial Treatments and Aesthetic Procedures*



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POST OP INSTRUCTIONS

A wound heals better if kept moist and covered. There will be a better cosmetic result if it is kept moist with Vaseline and covered with a band-aid (Aquaphor or Bactroban may be prescribed if deemed appropriate). Do not use an antibiotic ointment unless advised by the medical staff. If the wound is allowed to become dry and crusted, it will form a scab. Allowing a scab to form will increase the likelihood of a significant scar or indentation to occur. Thus, rendering a less than optimal cosmetic effect.

Care Instructions:

1. Clean the area twice per day with warm soapy water (do not use Hydrogen Peroxide to cleanse the wound because it can interfere with new cell development).
2. Apply Vaseline and cover with a Band-Aid until a new layer of skin forms.
3. Swimming should be avoided for 4-5 days (or until sutures are removed, if this applies).
4. Sun exposure to the area should be avoided during the healing process. Sun exposure to new pink tissue can cause a dark discoloration to occur in this area.
5. Healing time, typically, is faster on the face than other areas of the body.
6. You may be required to minimize activity, with the affected area, for 2 or 3 days.
7. Any sutures will be removed in 7-10 days.

Please feel free to call with any questions or concerns and also for the following:

1. Increasing redness and warmth at the site.
2. Increase in drainage at the site. A slight amount of yellow, serous drainage is expected.
3. Increase in soreness at the site.
4. Fever of 101 degrees Fahrenheit

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