



LAWRENCE M. KOPLIN, M.D., F.A.C.S.
— AMERICAN BOARD OF PLASTIC SURGERY —

MINOR SURGERY INSTRUCTIONS

(310) 277-3223

BEFORE SURGERY

1. **ASPIRIN:** AVOID TAKING ASPRIN, IBUPROFEN, OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY. Be careful; many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **SKIN CARE:** Continue your regular skin care routine. If you are having facial surgery, please wash your face thoroughly before retiring the night before surgery. Do not wear makeup or moisturizer on the day of surgery.
3. **ATTIRE:** Wear comfortable, casual clothes, preferably those which do not require being put over the head.
4. **VALUABLES:** The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Please do not bring a purse on the day of surgery, but bring a credit card so we may call in any necessary prescriptions or if you are staying at an after care facility.
5. **TRANSPORTATION:** If you have been told that you cannot drive yourself home after surgery, please have someone available to help you.
6. **ILLNESS:** If you become ill or develop any signs of infection on the area to be treated, please notify the office at once.
7. **DIET:** DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE YOUR SURGERY. If your opinion is to be under local anesthesia only, you may eat and drink normally.

AFTER SURGERY

1. **ACTIVITY:** Unless otherwise instructed, return home and rest until the following morning.
2. **DIET:** If you received any intravenous anesthesia, a light diet the first night is recommended. **No alcohol should be taken while you are taking prescribed medication.**

3. **DRESSING**: Do not remove any dressings unless specifically told to do so.
4. **HYGIENE**: Unless instructed otherwise, you may shower and bathe normally. Do not immerse the surgical incision (under bath water or swimming) for **three weeks** following surgery.
5. **ALCOHOL AND ASPIRIN**: Do not drink alcohol for at least 48 hours after surgery. You should not consume any alcohol while you are still taking medication for pain or sleep. Do not take aspirin or aspirin-containing compounds for **two weeks** following surgery.
6. **DRIVING**: **You may not drive while taking pain medication.**
7. **SUN EXPOSURE**: Do not tan or expose the scar to direct sunlight for **three months** following surgery. If you are planning to be in the sun for a prolonged period of time, use a sunscreen with an SPF of at least 15+.

**FOR ROUTINE QUESTIONS, A NURSE OR PHYSICIAN WILL BE AVAILABLE TO
SPEAK WITH YOU WEEKDAYS BETWEEN 9 AM AND 6 PM.**

FOR EMERGENCIES, TELEPHONE ANY TIME DAY OR NIGHT.