

Kallgren Dermatology Clinic, P.C.
3434 47th Street, Suite #200
Boulder, CO 80301
303-444-8100

PRE and POST OPERATIVE SURGERY INSTRUCTIONS

DO'S

1. Do call before coming to your appointment.
2. Do call us as soon as possible if you must reschedule your appointment. (48 hours advanced notice is appreciated)
3. DO wear a button-up top and avoid pullover shirts.
4. DO take all other medications not listed below.

DON'T'S

1. DO NOT take ASPIRIN or any ARTHRITIS MEDICATIONS (i.e. Advil, Ibuprofen, Motrin...) for two (2) weeks prior to surgery. If your primary physician prescribed this, please ensure they approve the temporary discontinuation.
2. DO NOT TAKE COUMADIN (WARFARIN) OR PLAVIX for 3-5 DAYS prior to surgery. Please check with your primary care physician for approval.
3. Do not ingest alcohol 24 hours prior to or earlier than 48 hours after surgery. Do not take vitamins or herbal compounds that include vitamin E, garlic, ginko, ginger, feverfew or ginseng for two weeks prior to surgery. Feel free to restart those items listed above 72 hours after surgery.
4. DO NOT wear makeup if you are having surgery on your face.
5. DO NOT SUBMERGE the surgical site while the stitches are in. Swimming in a pool, lake, the ocean or sitting in a hot tub increases the risk of a post-operative wound infection.
6. DO NOT participate in strenuous physical activity the day of and the day after surgery (golf, tennis, running, triathlon...)

POST OPERATIVE SURGERY INSTRUCTIONS

1. Keep pressure on for four (4) hours.
2. Remain inactive the day of surgery and the following day.
3. If surgery is around the mouth do not talk more than absolutely necessary for 24 hours following the procedure.
4. If surgery is around the eye expect a black/blue eye to last approximately one week. Expect it to be at its worst on the 3rd-4th postoperative day.
5. Discontinue Aspirin and Vitamin E if you have not already done so. Please contact your primary care physician to approve of temporarily stopping therapy.
6. For Facial Surgery: if surgery was at or below the eye level sleep on several pillows for four (4) nights post surgery. If surgery was above the eyes try to sleep with your head as flat as possible. Pressure for 4-5 hours after surgery is helpful in reducing swelling of the eyelids.
7. Expect some numbness around the surgical site which can take up to six months or more to return to normal.
8. Leave pressure bandage on for 48 hours and then remove it gently.
9. Leave steristrips (skin colored strips underneath pressure dressing) on until your follow-up visit (usually 7 days). If the steristrip comes off apply one to two Band-aids to the surgery site and contact our office on the next business day.
10. If bleeding occurs do not panic. Apply pressure for two hours. If you have taken aspirin, Coumadin, Vitamin E, Alcohol, or other blood thinners it will take longer than you expect to stop the bleeding.
11. Ice packs for 10 minutes on and 10 minutes off for 4-5 hours after surgery and the next day can help reduce swelling, however, the application of pressure is more important.
12. You may take Tylenol for pain management.
13. Call the office if you experience any problems.
14. You can always reach our answering service after hours at 303-283-0330.