

Nora Medical Group, S.C.

6969 North Lincoln Avenue
Lincolnwood, Illinois 60712

2800 N. Sheridan Road #510
Chicago, Illinois 60657

(847) 674-1200

BEFORE SURGERY

1. Shower and shampoo the morning of surgery.
2. **DO NOT TAKE OVER-THE-COUNTER ASPIRIN CONTAINING DRUGS SUCH AS:**
Alka-Seltzer, Anacin, Ascriptin, Bufferin, Empirin, Excedrin and some cold tablets **FOR TWO WEEKS PRIOR TO SURGERY.** Do not resume until 3 days after surgery. If needed, substitute Tylenol or similar medications. **IF YOU TAKE BLOOD THINNERS (Aspirin, Plavix, Ticlid, Coumadin) PLEASE CONSULT YOUR PRIMARY CARE PHYSICIAN BEFORE STOPPING THEM. COUMADIN NEEDS TO BE STOPPED 2 DAYS BEFORE SURGERY, THE OTHER MEDICATIONS 10 DAYS TO 2 WEEKS BEFORE SURGERY.**
3. Continue to take any other prescribed medications according to your usual schedule.
4. **NO VITAMIN E OR MULTI-VITAMIN 10 DAYS PRIOR TO SURGERY.**
5. **NO ALCOHOLIC BEVERAGES FOR 48 HOURS PRIOR TO SURGERY.**
6. **IF YOU SMOKE OR USE SMOKELESS TOBACCO, IT IS VERY IMPORTANT THAT YOU LIMIT THIS OR STOP ALL TOGETHER BEFORE SURGERY AS IT GREATLY INTERFERES WITH HEALING AND INCREASES SCARRING.**
7. A light meal preceding the surgical appointment is recommended.
8. For facial surgery, please do not wear makeup.
9. Wear a shirt or blouse that buttons or zips rather than one which you have to slip over your head.
10. Have someone drive you to and from our office the day of surgery.
11. Please be aware your procedure may require closure with sutures or staples. Depending on the location of your lesion, the sutures or staples will have to be removed between 7 and 14 days of the procedure date. Please ensure you will be in town for your scheduled suture removal date. You will be asked to make other arrangements for the removal if you're unable to keep this appointment at our office.

AFTER SURGERY

1. You will need to arrange for time off if your job involves
 - a. Heavy lifting
 - b. Strenuous activity
2. No strenuous activity, exercise, stooping, or bending for 48 hours after surgery.
(Depending where sutures are placed this may differ.)
3. No exercise for 1 week or until Ok'd by Dr. Giraldo.