

**KAROL GUTOWSKI, MD  
JULIA KEROLUS, MD**

**INSTRUCTIONS BEFORE OFFICE PROCEDURES**

**It is important that you read and follow these instructions before your surgery. Not following these instructions may result in serious complications or the cancellation of your procedure.**

**Two weeks before**

- If there is an insurance component to your surgery, confirm that your insurance company has prior authorized your procedure.
- If you are on any type of blood thinner (warfarin, coumadin, aspirin, etc) due to a medical condition or stent, you must let us know before scheduling surgery.
- Stop using tobacco or nicotine products. This includes cigarettes, cigars, chewing tobacco, snuff, electronic cigarettes, gum, patches, etc. Do NOT restart for at least 6 weeks after your procedure. If you have trouble stopping, let your surgeon know so we can help you find a tobacco cessation program. If you do use any of these products in the 6 weeks before surgery, tell your surgeon immediately as your procedure may need to be postponed for your safety.
- Read the following documents. If you do not have them, they can be downloaded at <https://drgutowski.com/instructions-forms/>
  - Consent for Treatment
  - Aftercare Instructions
  - Medications to Avoid before Procedures
  - Pain Medications
  - Any other documents given to you at your consultation
- Do NOT take any aspirin (or aspirin containing products) or any blood thinner unless approved by your surgeon.
- Do NOT take any medication on the List of Medications to Avoid before Surgery.
- Unless otherwise told by your surgeon, stop all vitamins, nutritional supplements, herbal and homeopathic medications until 2 weeks after your surgery.

**The night before**

- Take a shower or bath with soap, then wash the surgical area with soap.

**The morning of surgery**

- Take a shower or bath with soap, then wash the surgical area with soap.
- Do NOT apply any lotions or creams on your skin.
- Wear loose and comfortable clothes that are easy to take on and off and that buttons or zips up the front
- Do NOT wear any jewelry or body piercings.
- You will meet with your surgeon and any assistants. They may ask you some of the same questions you have been asked before. Remind everyone if you are allergic to any medications or other products. Your surgeon will mark the site of surgery with a marker and the surgery team will confirm the site of surgery.
- Do NOT bring any valuables to the hospital or surgery center.