

PRE-SURGERY INFORMATION

Please read this overview carefully, as it will help you schedule your surgery appointment and plan for your follow up care appropriately. We also ask that you please give us the courtesy of canceling a scheduled surgery at least 24 hours in advance, as there are other patients who may be waiting for your appointment time.

Please notify our office if you need to cancel your surgery 24 hours prior to your scheduled appointment. If we do not hear from you, a cancellation fee of \$100 will be charged to your account.

1. **You will need to be available to return to our office 7-14 days after your surgery to have your stitches removed.** You will schedule your suture removal appointment in our office immediately after your surgery. Please remember your need for this return appointment when you schedule your surgery.
2. Avoid scheduling any strenuous activities for the two days following your surgery.
3. After surgery you will be unable to bathe or exercise for 48 hours so please plan to shower, bathe, or wash your hair the day of, or night before your surgery appointment. avoid scheduling any strenuous activities for the two days following your surgery.
4. Patients who are active may resume exercise after 48 hours. However, exercise which pulls or puts tension on the surgical site should be avoided for up to 4 weeks after surgery.
5. Patients who swim for exercise may do so if they swim in a pool. Swimming in a lake should not be resumed until stitches have been removed.
6. Please call the office with any questions or concerns at 847.675.9711