



Dr. Scott Beals, D.O.
4566 Highway 20 E, Suite 101
Niceville, FL 32578
850-897-7546

Surgery Pre-Op Instructions

You have been scheduled for a surgical procedure and we ask that you follow the instructions below prior to your scheduled appointment. Your surgery will be performed in the office with local anesthesia only. It is not necessary to bring someone with you to drive unless you feel it is necessary.

- 1. Refrain from all aspirin products, NSAID (i.e. Motrin, Ibuprofen, Advil, Naprosyn etc.), Vitamin E. and St. John's Wort two weeks prior to surgery. If your appointment is scheduled before the two week you may discontinue the medications when you schedule your appointment. If aspirin has been prescribed by your doctor for a heart attack or stroke you must get approval from the prescribing physician before discontinuing the medication.*
- 2. Refrain from alcohol 24 hours prior to surgery.*
- 3. Refrain from smoking for 3 hours prior to your scheduled appointment.*
- 4. Aftercare instructions will be given on the day of your surgical appointment.*
- 5. Please shower the night before and arrive for your appointment with the area to be treated clean and shaven if necessary. If your surgery will be performed on the face we ask that you come without makeup.*
- 6. After surgery you should refrain from all strenuous activity for 24 to 48 hours. This would include activities such as golfing, swimming, heavy housework, yard work or any activity other than light normal everyday activities. This allows time for the blood vessels to close and help prevent bleeding.*
- 7. Should you have any questions please call 897-7546.*