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## GUY M. ROCHMAN, M.D.

ASSISTANT PROFESSOR OF SURGERY  
HARVARD MEDICAL SCHOOL



PLASTIC AND RECONSTRUCTIVE SURGERY  
SURGERY OF THE HAND  
COSMETIC SURGERY

### PRE-OPERATIVE INSTRUCTIONS

- If you are taking blood thinners such as aspirin, Plavix, Coumadin, Motrin, Advil, ibuprofen, Aleve or any other anti-inflammatory medicines, please notify the doctor prior to coming in for your surgery. **NO ASPIRIN, ADVIL, MOTRIN, NAPERSIN, NUPRIN, HERBAL MEDICATIONS, OR VITAMIN E FOR 2 WEEKS PRIOR TO YOUR PROCEDURE.**
- If you are having general anesthesia or moderate sedation, nothing to eat or drink after midnight the night before your surgery. **YOU MAY TAKE MORNING MEDICATIONS WITH SMALL SIP OF WATER IF ADVISED BY YOUR PHYSICIAN.**
- Elective surgery on pregnant patients should be deferred. If you are pregnant or think you may be pregnant, please notify the doctor prior to your surgical appointment.
- Surgical dressing should be kept clean and dry.
- Patients may not exercise following surgery for 4 to 6 weeks, or until otherwise advised by Dr. Rochman.
- Because of post-operative follow up, do not schedule surgery at a time when you may be travelling.
- Sutures are usually removed 5 to 14 days following your procedure depending on the area. Sutures in the face are removed in approximately 5 days. Some areas will have dissolving stitches.
- In you are unable to keep your appointment, please notify the office as early as possible. Failure to notify the office may result in an office charge for the time that was reserved for you.
- All minors (persons under 18 years of age) **must** be accompanied by a parent or legal guardian at the time of the procedure.
- Please do not hesitate to ask any questions or to express any concerns you may have regarding your procedure.