



How to Prepare For & What to Expect at Your In-Office Procedure

Now that you are on the schedule, the following information will help you prepare for your in-office procedure.

We will collect the remaining balance at check-in the day of your in-office procedure. We accept all major debit/credit cards, cash, cashier's check and CareCredit. Established patients have the option to pay by personal check. **We do not accept Health Savings Accounts (HSA).**

Should you have any questions or concerns, please don't hesitate to contact us at (615) 921-2100.

Two Weeks Prior to the Procedure:

1. DO NOT TAKE ASPIRIN or medicines that contain aspirin **as it interferes with blood clotting.**
2. DO NOT TAKE IBUPROFEN or medicines that contain ibuprofen **as it interferes with blood clotting.**
3. Please discontinue all herbal medications.
4. Please discontinue all diet pills, whether prescription, over-the-counter, or herbal.
5. NO "MEGADOSES" of vitamin E, but a multivitamin containing vitamin E is fine.
6. NO SMOKING. **Nicotine reduces blood flow to the skin and can cause significant complications during healing.**
7. You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.
8. DO start taking a multivitamin each day and continue taking after surgery for a faster recovery.

Please let us know if you would like a more detailed list of medications to avoid.

One Week Prior to the Procedure:

1. DO report any signs of cold, infection, boils, or pustules appearing before the procedure.
2. DO arrange for a responsible adult to drive you to and from our office on the day of the procedure.

For select in-office procedures, you may be given the option to take pain medication prior to your procedure, in which case you will not be allowed to leave on your own.

On the Day of Your Procedure:

1. DO eat a light meal prior to your procedure (no empty stomach).
2. DO take a thorough shower with your germ-inhibiting soap the morning of the procedure. Shampoo your hair the morning of the procedure. This is to decrease the risk of infection.
3. DO wear comfortable, loose fitting clothes that do not have to be put on over your head. The best thing to wear at home is a button-up top and pull-on pants. You will want easy-to-slip-on flat shoes.
4. DO NOT apply make-up or lotion to your skin the day of the procedure.
5. DO NOT wear contacts to the procedure. If you wear glasses, bring your eyeglass care.
6. DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches).

Please keep in mind that if you need to cancel or reschedule your in-office procedure, we require at least **two weeks' notice. If you No Show to your appointment or cancel within two weeks of your appointment, we reserve the right to retain your deposit as stated on your quote.**