

PRE-OPERATIVE INSTRUCTIONS

Your physician requests your assistance to ensure your safety during the Dermatology Surgery which you and your physician have scheduled. Please read and follow the following instructions:

1. **DO NOT TAKE MEDICATIONS CONTAINING ASPIRIN** (e.g.: Anacin, Bufferin, or Ecotrin) **OR IBUPROFEN** (e.g.: Motrin or Advil) **FOR 7 DAYS BEFORE YOUR SURGERY.** These medications increase the risk of bleeding during surgery. If you have been prescribed one of these medications by a doctor, please inform your dermatologist so that a determination can be made on whether these should or should not be discontinued before surgery. Tylenol (acetaminophen) can be taken safely for minor discomfort without increasing the risk of bleeding.
2. Notify your doctor if you are taking any medications that decrease the clotting time of your blood. Coumadin and aspirin are commonly used for this purpose. Non-steroidal medications such as naprosyn (Aleve) also increase the risk of bleeding during and after surgery and your dermatologist should be notified if you are using them.
3. Some herbal preparations and vitamins also can cause more bleeding to occur in surgery, and it is our preference that you stop these 2 weeks before your surgical appointment. These include Vitamin E, ginkgo, garlic, ginseng, and ginger.
4. Avoid alcohol or alcohol-containing products for 7 days before surgery. Alcohol can also contribute to bleeding during and after your surgery.
5. Notify your physician if and why you take antibiotics before procedures, such as before dental procedures. In some circumstances we may want you to take antibiotics before your skin surgery as well.
6. Plan on having a light meal before your surgery.
7. Dermatology surgery is done under local anesthesia. Most patients are able to drive themselves home after the surgery. However, if you've had problems after procedures you've had done in the past, it may be advisable to bring a companion with you on the day of your surgery to drive you and make sure you get home safely after your surgery. If your surgery is near the eye, postoperative bandaging can also be an interference and having someone drive you to and from surgery should be considered.
8. You should plan on taking it easy for 24-48 hours after surgery so plan your schedule accordingly. Except for very minor excisions, you should plan on taking the day off on the day of your procedure.
9. You will need some ointment to care for your treated area after surgery. Vaseline Petrolatum Jelly is good to use for this. Many individuals are allergic to antibiotic ointment, such as Neosporin and therefore we do not routinely recommend using this.

10. Remember to come in for your surgery appointment about 10 minutes before your scheduled time, so that none of your time is rushed. Allow yourself some time to deal with parking and the registration process.
11. It is our desire to make any procedure as comfortable as possible. We encourage you to notify us if you wish to use a relaxing medication before your procedure and/or prefer to have pain medication on hand for afterwards.