

PREOPERATIVE INSTRUCTIONS

You have been scheduled for skin surgery. A special period of time has been set aside for this procedure. If you need to reschedule your surgery for any reason, please let our office know 24 hours in advance so that other patients can be accommodated during this time.

We ask that you follow these instructions in preparation for your surgery:

- 1. Plan to arrive 15 minutes early. You will be asked to fill out a medical history form and/or a consent prior to surgery.**
- 2. It is important to eat at least a light breakfast on the day of surgery, unless otherwise instructed. If your surgery is scheduled in the afternoon, please eat a light lunch as well.**
- 3. Avoid aspirin-containing medications, nonsteroidal anti-inflammatory medications (Motrin, Advil, ibuprofen, Aleve), nutritional supplements (Vitamin E, flaxseed oil, COQ10 Ginko, fish oil, glucosamine, chondroitin, garlic) and other medications for headaches or arthritis for 1 week prior to surgery. Tylenol (acetaminophen) is permitted. If you have any questions regarding the use of any medications, please call our office.**
- 4. If any blood thinners (Coumadin, warfarin, Pradaxa, aspirin, Plavix, Xarelto) are being taken, please contact our office for special instructions.**
- 5. Avoid drinking alcohol the day before surgery and the day of surgery.**
- 6. Please bathe or shower on the day of surgery with special attention to the surgical area. If surgery is planned for the scalp area, be sure to wash the scalp vigorously.**
- 7. Please do not wear makeup or heavy moisturizers near the surgical site. This will interfere with the adhesion of a proper bandage.**
- 8. Avoid wearing any perfumes or colognes.**
- 9. Plan to avoid heavy exercise, all sporting or strenuous activities including golfing and travel for 1 week following surgery. Avoid movement or irritation of surgical site until sutures are removed. The first 2 days after surgery, you need to rest as much as possible.**
- 10. If scheduled for Mohs Micrographic Surgery plan to be in the office for up to 3 to 5 hours. Wireless service is available in the waiting room.**

If you have any questions pertaining to these instructions or any other concerns, please contact our office before the time of surgery.

Thank you for your cooperation.

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