

PREPARING FOR YOUR SKIN SURGERY

DO: Do shower and shampoo the morning of your surgery.

Do eat normal meals before your surgery unless your doctor advises otherwise.

Do bring a snack and some light reading material or other relaxing hobby.

Do take all of your regular medications unless your doctor tells you not to. Please bring all your medications in their bottles to show the doctor.

Do dress comfortably including warm socks as the surgery room is kept cool. Wear an old shirt that buttons all the way down (not a pull-over).

Do tell the doctor if you have a cold or are not feeling well.

Do have someone drive you home from the office after surgery. One person may keep you company in your surgical suite, if you choose, or they can wait in our reception area.

DON'T: Don't have alcohol (beer, wine, whiskey, etc.) from one week before the surgery until one week after the surgery.

Don't have feverfew, garlic, ginger, gingo, ginseng, Dong Quai root, Bilberry, Chondroitin, vitamin E, niacin, fish oil tablets (omega-3 fatty acids), or non-steroidal anti-inflammatory medicines (ibuprofen, naproxen, aspirin) for one week before surgery as these may cause bleeding. **If you are on a non-steroidal medication, such as aspirin, as prescribed by another doctor it is recommended that you continue to take it.** Over the counter Tylenol can be taken at any time for pain or headaches because it does not increase your risk of bleeding.

Don't stop taking coumadin, plavix or other blood-thinners prescribed by your doctor, but if you are on coumadin please ask your doctor to verify that your INR level is less than 2.5.

Don't smoke or be near second-hand smoke as it slows healing. If you must, please limit your smoking and do not smoke within 2 hours before surgery.

Please ask if you have any questions before, during, or after your surgery. We want to work together with you to make your surgery successful. Wound care instructions will be reviewed with you during your surgical appointment. After surgery, you will be needed for post-operative follow-up. It is best to remain in the local area if possible for 7 days. Let your doctor know if you cannot do this. The wound takes about 25 days to become strong. You need to modify your activities to prevent your wound from opening and allow for the best possible surgical outcome.