

PRE-OPERATIVE INSTRUCTIONS



- Arrive 15 minutes prior to your scheduled surgery time
- Bring a sweater/ jacket and blanket to keep you warm as the office can be VERY cold on surgical days.
- If you are having Mohs surgery, please scan the QR code above (or visit our website at www.sbskin.com/contents/skin-cancer-mohs-surgery and select the “Skin Cancer & Mohs Surgery” tab) to watch the informative Mohs Surgery Video.

How to prepare for your upcoming surgery:

- To help minimize your risk for post-operative complications, discontinue the use of non-steroidal, anti-inflammatory medications **not prescribed by your doctor** for **one week prior** to surgery (see reverse side for detailed instructions regarding medications).
~If you are currently taking _____ please verify with your prescribing Doctor if it is okay to continue/discontinue the use of this medication prior to surgery.
You may continue taking all other prescribed medications according to your usual schedule.
- Avoid alcoholic beverages for 3 days prior to surgery.
- If an antibiotic or antiviral medication was prescribed for you to take preoperatively, please take it as directed.

Wound Care Shopping List (Can be found at Federal Drug Co. on 3327 State Street in Loreto Plaza):

- ☐ Non-Stick gauze (such as telfa)
- ☐ Micropore paper tape
- ☐ Ointment (Vaseline, Aquaphor, polysporin). **Neosporin is not recommended**

Day of Surgery:

- Please be sure to shower and shampoo the morning of your appointment as you will not be able to get your bandages wet for 2 days after surgery.
- It is often best to have someone accompany you in the event that you do not feel up to driving yourself home. **Do not plan to take public transportation.**
- Due to patient privacy concerns and limited space in our waiting room, we request that no more than one person accompany you to your appointment.
- If you are scheduled to have your repair done at our facility, we recommend you have a light meal prior to your surgical procedure. **If you are being repaired by another surgeon outside of our facility,** please follow their pre-operative instructions.
- If you are scheduled to have surgery done on your face, please **do not wear makeup** to your appointment.
- If you are scheduled to have surgery done anywhere on your torso, a button-up or zip-down shirt is preferred rather than one that slips over your head.

NOTE: Mohs surgery days are unpredictable and can sometimes take longer than expected. Please keep your entire schedule open on the day of your surgery, and bring something to snack on in case your procedure runs longer than expected. **If you are being repaired by another surgeon outside of our facility,** follow their instructions regarding eating and drinking.

MEDICATION PRECAUTIONS FOR SKIN SURGERY PATIENTS

These instructions are to be followed up to **one week before** surgery and **24 hours after**.

If you are on any anti-rheumatic, anti-arthritic, anticoagulant, or circulation medications (Motrin, Naprosyn, Persantine), please inform us as these are blood thinners and may increase your risk for post-operative complications. Certain medications (such as aspirin) have an effect on your body's ability to clot and will increase your tendency to bleed at the time of surgery and during the post-operative period.

One week prior to your scheduled date of surgery, please **do not take** any medication that contains aspirin or aspirin-related products (unless prescribed by your doctor).

Do not take pain medications other than Tylenol, Celebrex, or Bextra for **four days prior** to surgery.

Avoid all herbal preparations and nutritional supplements for **one week** prior to surgery. In particular, eliminate all products containing Echinacea, Ephedra, Garlic, Gingko, Ginseng, Kava, St John's Wort, and Valerian, these substances can also increase your tendency to bleed.

Please DO NOT stop any medications prescribed by your doctor.

The following is a list of the most common medications and substances that can increase your tendency to bleed:

Advil	Cephalgesic	Fiorinal	Phenergan
Alcohol	Cialis	Fish Oil	Relafen
Aleve	Cheracol	4-Way Cold Tabs	Robaxisal
Alka-Seltzer	Children's Aspirin	Ibuprofen	Rufin
Anacin	Clinoril	Indocin	Sine-Off
Anaprox	Congestprin	Marijuana	Trendate
Ansaid	Cope	Meclomen	Trental
APC	Darvon	MEdipren	Trigesic
ASA 325 mg	Daypro	Midol	Trisila
Ascodeen	Dristan	Mobic	Viagra
Aspergum	Easpirin	Motrin	Vitamin E
Baby Aspirin	Ecotrin	Naprosyn	Voltaren
Bufferin	Emprazil	Norgesic	Multi-Vitamins
Butazolidin	Excedrin	Percodan	Zorpin
Brufen	Feldene	Phenaphen	