



Pre-Operative Instructions

Before Surgery:

- **Pick up wound care supplies** from a local pharmacy such as **Federal Drug Co in Santa Barbara** (3327 State Street in Loreto Plaza) or **CVS in Solvang** (1982 Old Mission Drive, Building B), or order online.
 - Non-stick gauze, such as Telfa
 - Micropore paper tape
 - Ointment (Vaseline, Aquaphor, or Polysporin. **NO Neosporin.**)
- Pick up any medications prescribed today for use before or after surgery. Take them as directed.
- Avoid alcoholic beverages for 3 days prior to surgery.
- **Discontinue use of NSAIDs** (non-steroidal anti-inflammatories) which have not been prescribed by your primary care provider for **1 week before surgery**. See attached list for detailed instructions regarding medications.
- Consult with your prescribing physician regarding discontinuing _____ before surgery. You may continue to take all other prescribed medications according to your usual schedule.

Day of Surgery:

- Shower and shampoo the morning of your appointment as you will not be able to get your bandages wet for 2 days after surgery.
- Arrive 15 minutes prior to your scheduled surgery time.
- Bring a sweater/jacket to keep warm as the office can be very cold on surgical days.
- Plan to have someone accompany you in the event that you are given anti-anxiety medication or in case you do not feel up to driving yourself home. **Do not plan to take public transportation or rideshare.**
- Due to patient privacy concerns and limited space in our waiting room, we request that no more than 1 person accompany you to your appointment. Note that they will not be allowed in the room during the procedure itself but they are welcome to remain in the waiting room.
- If you are scheduled to have surgery on your face, **do NOT wear any makeup and shave ALL facial hair.**
- If you are scheduled to have surgery anywhere on your torso (chest or abdomen), a button-up or zip-down shirt is preferred rather than one that slips over your head.
- We recommend against wearing white or light-colored shirts.
- 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 your surgical repair is scheduled with a surgeon outside our facility please follow their pre-operative instructions.

Patient Specific Instructions:



Mohs Surgery:

Please watch an informative video about Mohs surgery to prepare for your procedure by scanning the following QR code with your phone camera or visiting our website at <https://www.sbskin.com/skin-cancer-mohs-surgery/>.

- 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 and something for entertainment (a book, tablet, or work) if your surgery runs longer than expected.
- **If your surgical repair is scheduled with a surgeon outside our facility please follow their pre-operative instructions regarding eating and drinking before surgery.**

Medication Precautions for Skin Surgery Patients:

Follow these instructions **for 1 week before surgery and 24 hours after surgery**. You may resume all discontinued medications, vitamins, and supplements 24 hours after surgery if active bleeding has stopped.

- Certain medications have an effect on your body's ability to clot and will increase your tendency to bleed during and after surgery. Blood thinners and anti-coagulants may increase your risk for post-operative complications.
- If you are on any anti-rheumatic, anti-arthritis, anticoagulant, or circulation medications (such as Motrin, Naprosyn, Persantine, Eliquis, Xarelto, Plavix, aspirin) please inform us.
- For **1 week before** surgery please **do not** take any medication that contains aspirin or aspirin-related products unless otherwise prescribed by your doctor.
- For **1 week before** surgery avoid all herbal preparations and nutritional supplements, especially products containing Echinacea, Ephedra, Garlic, Ginkgo, Ginseng, Kava, St. John's Wart, Turmeric, and Valerian as these ingredients can all be blood-thinning.
- For **4 days before** surgery Do not take pain medications other than Tylenol, Celebrex, or Bextra.
- **Do NOT stop any medications prescribed by your primary care or specialty providers.**

The following is a list of the most common medications and substances that can increase your tendency to bleed and should be **stopped 1 week before your surgery**.

| | | | |
|---------------------------------------|---|--|---|
| <input type="checkbox"/> Advil | <input type="checkbox"/> Cephalgesic | <input type="checkbox"/> 4-Way Cold Tabs | <input type="checkbox"/> Phenergan |
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Cialis | <input type="checkbox"/> Ibuprofen | <input type="checkbox"/> Relafen |
| <input type="checkbox"/> Aleve | <input type="checkbox"/> Cheracol | <input type="checkbox"/> Indocin | <input type="checkbox"/> Robaxisal |
| <input type="checkbox"/> Alka-Seltzer | <input type="checkbox"/> Children's Aspirin | <input type="checkbox"/> Marijuana | <input type="checkbox"/> Rufin |
| <input type="checkbox"/> Anacin | <input type="checkbox"/> Clinoril | <input type="checkbox"/> Meclomen | <input type="checkbox"/> Sine-Off |
| <input type="checkbox"/> Anaprox | <input type="checkbox"/> Cope | <input type="checkbox"/> Medipren | <input type="checkbox"/> Trendate |
| <input type="checkbox"/> Ansaid | <input type="checkbox"/> Darvon | <input type="checkbox"/> Midol | <input type="checkbox"/> Trental |
| <input type="checkbox"/> APC | <input type="checkbox"/> Daypro | <input type="checkbox"/> Mobic | <input type="checkbox"/> Trigesic |
| <input type="checkbox"/> ASA 325mg | <input type="checkbox"/> Dristan | <input type="checkbox"/> Motrin | <input type="checkbox"/> Trisila |
| <input type="checkbox"/> Ascodeen | <input type="checkbox"/> Ecotrin | <input type="checkbox"/> Naprosyn | <input type="checkbox"/> Viagra |
| <input type="checkbox"/> Aspergum | <input type="checkbox"/> Emprazil | <input type="checkbox"/> Norgesic | <input type="checkbox"/> Vitamin E |
| <input type="checkbox"/> Baby Aspirin | <input type="checkbox"/> Excedrin | <input type="checkbox"/> Omega 3 | <input type="checkbox"/> Voltaren |
| <input type="checkbox"/> Bufferin | <input type="checkbox"/> Feldene | <input type="checkbox"/> Omega 6 | <input type="checkbox"/> Multi-vitamins |
| <input type="checkbox"/> Butazolidin | <input type="checkbox"/> Fiorinal | <input type="checkbox"/> Percodan | <input type="checkbox"/> Zorpin |
| <input type="checkbox"/> Brufen | <input type="checkbox"/> Fish Oil | <input type="checkbox"/> Phenaphen | |