

## INFORMATION FOR SURGICAL PATIENTS

### PREPARING FOR SURGERY

Your excision will be performed under local anesthesia. We suggest that you eat a normal breakfast or lunch prior to arriving for your procedure.

For most excisions, you will be in the clinic approximately two hours. The procedure itself will typically take a little less than one hour, though at times it may take as long as 90 minutes. Please be prepared to be in one position during surgery, typically on your back or stomach. It is a good idea to visit the bathroom prior to the start of the procedure.

You will need to keep your wound dry for one week following your procedure. On the day of your surgery, please bathe or shower with antibacterial soap and wash your hair before you arrive to minimize your risk of infection as you heal. After surgery, most patients take sponge baths for the first week to avoid getting the wound wet.

It is important to plan your home, work and recreational schedule in advance as you will also need to minimize activity for the first week or two after surgery. Examples of activities you should not perform for the first one to two weeks after your surgery include aerobic workouts, hiking, golfing, standing for prolonged periods of time, strenuous housework, lifting heavy objects or other physically demanding activities. Surgery on your leg or foot will require that you elevate your leg above the level of your heart when sitting for the first several days or longer after your surgery. As your wound heals, you will be able to gradually increase use of the affected area and for most patients, normal, strenuous use of the area can resume within one month.

Please do not take any sedating anti-anxiety medicines such as tranquilizers or narcotic pain medicines on the day of the surgery. Generally, we recommend that you have someone accompany you to give you a ride home; if you have taken any sedating medications you will be required to have someone drive you home after your procedure.

Please stop taking any aspirin\* or anti-inflammatory medicines (such as ibuprofen, Advil, Motrin, Naprosyn, Anacin, Excedrin, Bufferin and any other medication containing aspirin or a non-steroidal anti-inflammatory drug), vitamin E, ginkgo biloba, garlic pills and/or fish oil pills 2 weeks prior to your surgery. These medications and supplements can increase your risk of bleeding during and after surgery. Please stop all alcohol consumption 5 days prior to your surgery as it too can increase the risk of bleeding.

\*However, if your physician prescribes aspirin for you because of a current or past medical condition such as heart attack, stroke, clotting disorder or other reason, please do not discontinue it without permission from that physician. For those on Coumadin (warfarin), please continue to take it and make sure that your INR is in the therapeutic range.

### Summary:

- 2 weeks prior to surgery: Stop taking non-essential aspirin, anti-inflammatory drugs and other blood thinning medications or supplements
- 5 days prior to surgery: Stop consumption of alcohol
- Day of Surgery:
  - Shower or bathe using antibacterial soap and shampoo your hair
  - No anti-anxiety or narcotic pain medicines or similar medicines
  - DO keep taking prescribed blood thinning medications
  - Make sure you have a ride home if needed
  - Just before surgery: use the bathroom

**If you have any questions about your upcoming surgery,  
please call Dermatology Professionals at 503-344-6643.**