

PRE-OPERATIVE INSTRUCTIONS

For a 10 day period prior to the scheduled date of your surgery, please discontinue the following non prescription medications **(ONLY IF APPROVED BY YOUR PRESCRIBING PHYSICIAN)**:

Ibuprofen (Motrin, Advil, Nuprin), Aspirin, Vitamin E, Fish Oil, Ginseng, Ginkgo, Garlic (tablets), Chondroitin, St John's Wort.

1. If you are on Coumadin/Warfarin, please make sure that your last PT/INR (Coumadin check) has been within a month of your scheduled surgery and was within normal range (between 2 – 3.5)
2. Take all regularly prescribed medications unless directed otherwise.
3. No alcoholic beverages 24 hours before or after the day of surgery.
4. No smoking one week prior to and one week after surgery.
5. There are no restrictions on eating prior to surgery.
6. If you were given a prescription for antibiotics, begin taking the medication the morning of your surgery.
7. Please be advised that your procedure can take several hours; we ask that you plan to keep your schedule free until 2pm .(This is only for Mohs surgery)
8. Bring a jacket or sweater with you as the office is air-conditioned and can get chilly. We also recommend that you bring reading material with you to keep you occupied while you wait.
9. We recommend that you have a driver - this is for your safety following your surgical procedure

Discomfort from surgery is usually minimal; however Extra Strength Tylenol may be taken for pain.

In order to facilitate the healing of your wound, dressing changes must be done daily.

Wounds heal better when they are kept moist with ointment and covered with a bandage.

Following are recommended bandaging materials:

- Cotton applicator sticks or Q-tips
- Non-stick dressing pads
- Paper tape
- Polysporin, Bacitracin or Vaseline **(DO NOT USE NEOSPORIN – May cause allergic reaction)**
- **Do not use Hydrogen Peroxide – only Antibacterial soap and water to clean the surgical site.**