

Center for Dermatology

Preoperative Patient Instructions for Skin Surgery

You are scheduled to have an excision of a skin lesion in our office using local anesthesia (lidocaine). You will be able to drive to and from our office unless you have taken sedative medications around the time of the procedure or unless your vision is obstructed. The following instructions will help answer any questions you may have concerning your surgery. If you have any specific questions about your procedure please call our staff.

- **Eating:** You should have breakfast. If you are diabetic bring a snack and please advise Dr. Hurst regarding medications for diabetes.
- **Medications:** Review the enclosed medication and herbal supplement precaution list. Be sure to adhere strictly to the avoidance list. If you must be on Coumadin, aspirin, Plavix or other anticoagulants for medical indications, please contact your doctor about stopping medications prior to the procedure if able. Please stop taking aspirin 2 weeks prior to surgery. Coumadin should be stopped 4-5 days prior. Medications such as Advil(℞) can be safely discontinued 4 days prior to the procedure. Tylenol(℞) is safe to take before your procedure. Alcoholic beverages should be stopped 2-3 days before your procedure. Other medicines can be continued. Please advise Dr. Hurst if you have a pacemaker.
- **Smoking:** Smoking may cause poor healing especially on the face. Please reduce the amount you smoke if you are unable to stop smoking.
- **Facial Surgery:** Woman should come to the office without makeup. There may be bruising if the procedure is near the eye or lips. Depending on the degree of public contact in your job, you may want to take one or two days off work. We will provide a note if your job requires it.
- **Activity:** You may be asked to abstain from certain sports activities for 2 weeks if those activities put any stretch or strain on the area of skin being treated. Patients whose work involves lifting or bending and who will be having surgery on legs, arms, or back may be restricted from performing these duties for 10 to 14 days. Please plan accordingly. Please discuss your situation with the doctor or staff before scheduling your procedure if your work involves physical activity that will put a strain on your wound.
- **Arrive** at the appointed time so that our nursing staff will have ample time for your preoperative preparation. All patients will be in the office about one and one-half hours. **If we are performing frozen sections for Mohs, there will be a 30 to 60 minute waiting time for the result. In that case, you should plan on being in the office for three hours.** Although we make every effort to start on time, procedures scheduled before you may be more complex than expected and may take more time than anticipated.
- **Suture removal** is done 4-7 days following surgery for facial procedures and 7-14 days following surgery for non-facial procedures. If you will be out of town please let us know.
- **Cancellations:** If your schedule changes let our office know at least a week in advance so that another patient may be scheduled in your appointment time.