

## PREPARATION FOR SURGERY AND SKIN CANCER REMOVAL

1. Surgery appointments are typically on Tuesdays, Wednesdays, and Thursdays. If you are calling to schedule a surgery appointment, please be sure to notify the receptionist that you need to schedule for SURGERY (and not just to remove a lesion). Please note that we must reserve a significant amount of time for your surgery. If you do not show up on time (or at all) for your appointment, you will be charged a \$100 fee which is not covered by insurance.
2. Avoid all aspirin, Advil (as well as Motrin and others), and alcohol for 10 days, if possible. If you are on blood thinners or other medications prescribed by your doctor, **DO NOT STOP THEM**. We are accustomed to performing surgery on patients with blood thinners, although you will be more at risk for bruising and bleeding. The following vitamin and herbal supplements can also increase bleeding and should be discontinued 10 days before surgery: vitamin E, ginkgo biloba, ginger, garlic, ginseng, feverfew, fish oils, and St. John's wort.
3. If you smoke, stop at least 2 weeks prior to surgery and for 2 weeks thereafter. (Now is a great time to stop smoking altogether!) Smoking limits the amount of oxygen to the wound. It impairs healing and increases the risk for infection and bleeding. You will have a much better scar and result from surgery if you abstain from smoking altogether.
4. All surgeries are performed in our surgical procedure room inside our office. The area undergoing surgery will be numbed with local anesthetic injections. You are able to drive yourself to and from the surgery without issues.
5. If we are doing surgery on a hairy part of your body (i.e. the chest or arm on a man), please shave all around this area before your appointment. For surgeries on the scalp, we will trim the smallest amount of hair possible for you in the office.
6. You may want to bring an iPod or iPhone with ear plugs to listen to during your procedure. You are also welcome to bring a family member back into the room for support during the procedure.
7. Most patients can return to somewhat normal activities immediately, depending on the extent of surgery. You will need to limit the movement of the area we are treating. For instance, if you are having surgery on your foot, it is wise to keep off your feet for the rest of the day and stay primarily seated, whether at home or work. Also, if you are having surgery on your back, you will need to limit the amount of lifting and bending that you do while you have sutures in place. Exercise will be limited for up to 2 weeks after surgery, depending on the area.