

## **Patient Instructions for Dermatologic Surgery**

- 1) Please plan to spend at least one (1) hour for your surgery. We request that you bring someone to drive you home IF the surgery involves the hand, wrist or foot.
- 2) We advise that you do not take aspirin or aspirin-containing medications for five (5) days prior and five (5) days after your surgery. Do not use any non-steroid anti-inflammatory (NSAIDs) for one week before surgery. You may restart NSAIDs 48 hours after surgery. If you feel you need to take these medications, please contact our office at 802-864-0192. You may take acetaminophen (Tylenol) at any time before or any surgery.

**Avoid these aspirin containing products: Alka-Seltzer, Anacin, Excedrin, Empirin Compound, many cold pills**

**Avoid taking these NSAIDs: Motrin, Advil, Ibuprofen, Aleve, Naprosyn**

**Avoid taking these supplements: Vitamin E, Ginko, Dong Quai, Ginseng, Ginger, Garlic**

**OK to take: Acetaminophen (Tylenol)**

- 3) If you are taking Coumadin, Plavix, or another blood thinner, please ask your cardiologist or primary care physician if you may safely temporarily discontinue this medication. If not, please contact our office.
- 4) Please let your provider know if you smoke, or use tobacco products or are diabetic, as the risk of infection or bleeding is increased.
- 5) Shower and shampoo the morning of surgery.
- 6) The morning of surgery, eat a normal breakfast. Take your regular medications.
- 7) Wear clothing that buttons. Avoid anything pullover.
- 8) Do not apply cosmetics if surgery is going to be on your face.
- 9) Avoid strenuous exercise: bending, straining, or lifting any heavy objects for the first week after surgery. Sometimes these motions can cause bleeding from the incision. Arrange your schedule in advance to avoid these activities.
- 10) You will be given individual instructions on how to care for your wound after surgery. The type of closure will dictate when specific instructions you need.
- 11) If you require a note for work, please let our staff know the day of surgery. If you have paperwork that your insurance requires, please bring to your appointment.
- 12) If surgery is on the hand or wrist, please purchase a wrist splint at your local pharmacy prior to your visit.
- 13) If you need to cancel or reschedule your surgical appointment, please notify our office 48 hours prior to the date of surgery or you could be charged a fee of \$100.