

Patient Instructions for Dermatologic Surgery

- 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.
- 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 802-864-0192. You may take acetaminophen (Tylenol) at any time before or after 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)

- 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.
- Please let your provider know if you smoke, or use tobacco products or are diabetic, as the risk of infection or bleeding is increased.
- Shower and shampoo the morning of surgery.
- The morning of surgery eat a normal breakfast. Take your regular medications.
- Please remove any piercings that may obstruct your surgical site prior to your appointment.
- Wear clothing that buttons. Avoid anything pullover.
- Do not apply cosmetics if surgery if going to be on your face.
- 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.
- You will be given individual instructions on how to care for your wound after surgery. The type of closure will dictate what specific instructions you need.