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Pre-Operative Instructions

Your surgery could last anywhere between 45 minutes to 4 hours, depending on the type and complexity of your surgery. Mohs surgery usually will last from 1-3 hours. An excision will usually not last longer than 1 hour. Due to the variability in time, it is a good idea to bring something to pass the time (a magazine, book, e-reader, etc.). For Mohs surgery, more complex surgeries or surgery near the eye, you may need someone to drive you home that day. If you have questions about this, please contact our surgery scheduler.

The instructions below are very important, so please follow them closely. Sufficient time has been scheduled for this procedure. If you need to re-schedule your surgery for any reason, please contact our office 24 hours in advance so we can have sufficient time to accommodate another patient for that time slot.

1. It is highly recommended that you eat something substantial before your surgery. You will NOT be placed under general anesthesia for this procedure.
2. AVOID aspirin, aspirin-containing medications, non-steroidal pain relievers (Advil, Motrin, Aleve, Ibuprofen), or certain nutritional supplements (Vitamin E, COQ10, Ginko, Fish Oil, Glucosamine, Garlic) 7 -10 days prior to surgery. All these items will increase your risk of postoperative bleeding.
3. Avoid Prescription blood thinners (Coumadin, Warfarin, Plavix, Xarelto, Eliquis, etc.) 2-3 days prior to surgery ONLY if authorized by your cardiologist or primary care provider. If you are uncertain about this, please contact the provider who prescribed the blood thinner to inquire about stopping prior to surgery.
4. Avoid alcohol 3 days before and after surgery.

5. Please shower on the day of surgery with extra attention spent washing or shampooing surgical area.
6. Please do not wear **jewelry**, lotion, moisturizer, make-up or perfume/cologne on or near the surgery area.
7. Plan to avoid heavy exercise, sporting activities or strenuous activities for 7-14 days following surgery. You will be further instructed about any additional limitations at the conclusion of your surgery by the provider or his/her staff.
8. **Please purchase the following supplies to care for your wound at home (all products are over-the-counter):**
 - **Any Liquid Anti-Bacterial soap (e.g. Dial)**
 - **Aquaphor Healing Ointment, Vaseline, Polysporin or Bacitracin Antibiotic Ointment (unless previous allergy to above ointments)**
 - **Bandages: (e.g. Nexcare Tegaderm dressing or Curad Non-Stick Pads, Ouchless Adhesive Pads) - ask the pharmacist for assistance in finding the proper bandages.**
 - ****Gauze Pads - for those with adhesive allergies**
 - ****Paper Tape - for those with adhesive allergies**
 - **Plastic wrap to protect surgical site while showering (if surgery site is on arms or legs).**

Arnica tablets: can be taken as directed on bottle to reduce bruising and swelling from surgery. You can find these supplements at Sprouts, Trader Joe's, Whole Foods or on Amazon. ***Swelling around eyes will occur with surgeries on the scalp, forehead, temple and eye region. If this is a concern, you can purchase and start Arnica pills the day prior to surgery.***