

Pre-Operative Instructions

Your surgery could last anywhere between 30 minutes to 3 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, iPad 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), nutritional supplements (Vitamin E, COQ10, Ginko, Fish Oil, Glucosamine, Chondroitin, Garlic) and arthritis medication 7 -10 days prior to surgery. All of these items will increase your risk of postoperative bleeding.
3. Avoid Prescription blood thinners (Coumadin, Warfarin, Plavix, Xarelto, etc.) 2-3 days prior to surgery if authorized by your cardiologist or PCP. 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 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):**
 - **Liquid Anti-Bacterial soap (e.g. Dial)**
 - **Aquaphor Healing Ointment, Polysporin or Bacitracin Antibiotic Ointment**
 - **Bandages: (e.g. Curad Non-Stick Pads, Ouchless Adhesive Pads or a generic equivalent) - ask the pharmacist for assistance in finding the proper bandages.**
 - ****Gauze Pads - for those with adhesive allergies**
 - ****Paper Tape - for those with adhesive allergies**