

Surgical Excision Pre-Operative Instructions

MEDICATIONS:

1. All aspirin, aspirin- containing medications (Alka-Seltzer, Anaxin, etc), and non steroidal anti inflammatory medications (Motrin, Naproxyn, Clinoril, etc) should be discontinued for 7 days prior to your scheduled surgery. It is alright to take tylenol for pain.

VERY IMPORTANT: If you take aspirin because you have had a stroke or heart attack, please continue your aspirin.

2. If you are on special, blood thinning medications such as Coumadin, Xarelto, Plavix etc, please contact your prescribing doctor (primary care or cardiologist) for their advice on temporarily discontinuing these medications. If your prescribing doctor wants you to continue your medication, we can still do your surgery, you just may have more bruising.
3. If you usually require antibiotics prior to dental work, please let our office know at least 24 hours prior to your surgery. Medical conditions which sometimes require pre-operative antibiotics include artificial heart valves, heart murmurs, artificial joints, and related problems. It is unusual however, that such antibiotics will be required.

TRANSPORTATION: We do not administer sedatives or IV anesthesia in the office, so your ability to drive should not be impaired unless, of course, your eye has to be bandaged or if you have a surgery on your foot or hand. If in doubt, please call the office. It is often reassuring and comforting to have a companion with you. He or she is welcome to wait in the waiting room during your surgery. Please note that for safety reasons, only the patient is allowed in the surgery room. Any exceptions to this policy must be approved in advance by the doctor. Thank you for your cooperation.

APPOINTMENT TIME: Please give 48 hours notice for change requests for your surgery appointment time.

ANESTHETIC: We administer an injection of local anesthetic, usually with lidocaine (Xylocaine) and a tiny amount of epinephrine to help make the anesthetic last longer. If you are allergic to Lidocaine (Xylocaine) or epinephrine, please let us know. The only discomfort you should feel during the entire

procedure will be administration of the local anesthetic which is very brief. Your skin will be completely numb to pain but you will be able to feel light touch or pressure.

POST-OPERATIVE PAIN: Rarely do patients require pain medication after skin surgery. Should you experience pain after surgery, plain Tylenol (Acetaminophen) is usually adequate. Stronger pain medication will be prescribed if necessary.

WOUND CARE: Wound care instructions will be given to you at the time of surgery. In general, wounds must remain bandaged and dry for 24 hours after surgery so please plan accordingly. You may want a supply for Telfa, paper tape, Vaseline. Alternatively, you may actually be able to use band-aids.

FOLLOW-UP: Follow-up appointments for wound checks usually occur 1 or 2 weeks after surgery. Suture removals vary considerably and often are not needed. If you will be traveling out of the area the week or two after your surgery please let us know.

ACTIVITY: Take it easy for 2 days after surgery. Do not plan any vigorous physical activities or major social engagements. If surgery is around your mouth area, you may need to eat soft foods such as soup, milkshakes, etc for 24 hours.

**IF YOU HAVE ANY QUESTIONS ABOUT THE ABOVE MATERIAL
OR ABOUT THE SURGERY
PLEASE CALL US (415) 887-9758**