

DERMATOLOGY

— & Skin Health —

MOHS SURGERY: PRE-EXCISION INSTRUCTIONS

◆If you notice a significant increase in the size of the lesion (growth) between the time we see you and the scheduled date for surgery, we advise you to notify the office so we may re-evaluate the area.◆

You have been scheduled for surgery. There are several things you need to do to prepare.

1. It is best to avoid Aspirin* containing products two weeks prior to surgery (Advil, Aleve, Alka Seltzer, Anacin, Bufferin, Clinoril, Emprin, Equagesic, Excedrin, Fiorinal, Ibuprophen, Naprosyn, Norgesic, Nuprin, Percodan, Trilisate, etc.). Also stop use of Vitamin E and Gingko Biloba. **Tylenol is ok to take.**

*If Aspirin is prescribed by your doctor for a specific medical condition such as cardiac or neurological history, do NOT stop it.

2. If you take Coumadin, Plavix or another prescription blood thinner, we do not normally stop it preoperatively. **DO NOT STOP THESE MEDICINES ON YOUR OWN!**
3. Avoid alcohol for 48 hours prior to surgery.
4. On the morning of surgery:
 - Eat a light breakfast (and lunch, if surgery is in the afternoon). If you are a diabetic patient, please bring a diabetic snack.
 - Take your daily medications. **Please do not take your fluid pills that morning. Take them when you arrive home after surgery.**
 - Wear comfortable loose fitting clothing but nothing that you pull over your head, as this may interfere with your post-operative dressing.

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- If surgery involves your face, do not wear any cosmetics/makeup and do not use any body moisturizers.
 - Shower and shampoo before surgery, as your wound and initial dressing have to remain dry for approximately 24 hours after surgery.
 - Please arrive on time – but there is no need to be early for your appointment.
5. If you pre-medicate with an antibiotic please do so for us also – one hour prior to procedure time.
 6. Once the surgery is completed, wound care instructions will be reviewed with you. You will most likely be leaving with stitches and a bandage. This bandage should remain dry for 24 hours. There may be some bruising or swelling around the stitches, which may last up to a week or more.

These are items you may want to purchase before the day of the surgery so you will not need to look for them after your procedure:

- **Hydrogen peroxide** – diluted to ½ strength with H₂O to cleanse the surgical area.
 - 2 x 2 or 4 x 4 **gauze pads**.
 - **Aquaphor** – Vaseline ointment. Available at all pharmacies – no prescription needed.
 - **Band Aids**.
 - **Bags of frozen peas or corn**; which can be used as ice packs. You can refreeze these after each use, but discard and do not eat them after refreezing.
 - Do not use chemical ice packs on surgical areas unless wrapped in a towel or placed in a bag.
7. You may need to return to have your stitches removed in 1-3 weeks. This will be determined by your physician.
 8. If you need to cancel your surgical appointment, please let us know as soon as possible so that we may accommodate another patient.

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Should you have any questions or concerns, please call us at: 603-742-5556.

PLEASE NOTE THE FOLLOWING:

- The first post-operative visit will be with a member of the surgical staff (not necessarily the provider who operated on you), and will be to check only the surgical area. Please be advised that this is not a routine office visit.
- If you are seeing another surgeon after our surgical procedure please follow his or her office directions regarding Aspirin, Ibuprofen, Coumadin, Plavix, and Aggrenox.
- Exercise or other strenuous activity that places tension on the surgical site (weight lifting, golf, etc.) should be avoided for two weeks after the surgical procedure for optimal wound healing.
- Swimming in a pool or the ocean is ok after 24 hours; however, ponds or lakes should be avoided for two weeks after the procedure.