

## PREOPERATIVE INSTRUCTIONS FOR EXCISIONAL SURGERY

Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_

We have summarized some important instructions below. Please do not hesitate to call us if you have any other questions.

- Your procedure is an outpatient procedure. It will be performed in the office. It will be performed with local anesthesia (you will not be put to sleep).
- The procedure usually takes about 1 hour, but may take longer.
- Eat as usual before the surgery (you do not need to fast).
- Take all of your usual medications as directed by your regular doctor, unless we have directed you otherwise. (or as listed below)
- When we make your surgery appointment, we will discuss the use of blood thinners with you. This includes aspirin and aspirin products, ibuprofen, advil, alleve, naprosyn, herbals, alcohol, plavix, and coumadin.
  - If we have asked you to stop your aspirin, please do so 10 days before the procedure.
  - If we asked you to stop taking NSAIDS (advil, motrin, alleve, ibuprofen), please do so 10 days before the procedure.
  - Please stop any ginkgo, ginseng, garlic, ginger, vitamin E > 400mg, omega 3 fatty acids, or fish oil 48 hours before the procedure.
  - Please stop drinking alcohol 48 hours before the procedure.
- Please stop smoking 1 week before surgery to optimize wound healing.
- If you routinely take antibiotics before dental work, please discuss this with us. If you have an artificial heart valve or joint, please discuss this with us.
- If the surgery site is located on the chest, abdomen, back, or arms, we ask that you do not do any heavy lifting for 2 weeks. Exercise should also be limited for 2 weeks.
- If the surgery site is on the legs, we ask that you elevate the leg for 1 day. After that, you can increase your activity as tolerated. No running or heavy exercise for 2 weeks.
- Please do not go in the pool, jacuzzi, or ocean until the after the sutures are removed.
- You will be able to shower 24 to 48 hours after the procedure.
- Most patients are able to drive themselves home after surgery.