

# Illinois Dermatology Institute

## Surgery Preoperative Instructions

You are to be scheduled for an excision of a skin lesion in our office. The surgery will be done under local anesthesia and so you will not need to be sedated. After surgery, the lesion will be sent for microscopic examination. You will have a slightly bulky pressure dressing for 24 hours, after which regular wound care will be discussed with you further. There is typically minimal pain, if any, after the surgery. You will be able to drive to and from our office unless otherwise instructed.

- **Medications:** Do not take any aspirin or ibuprofen (Motrin, Advil, etc.) for one week prior to the surgery because they increase bleeding time, unless a doctor has specifically stated that you need to be on these medications. Call your doctor if you are unsure. Tylenol is safe to take before the surgery. If you are on Coumadin (warfarin), this should not affect your surgery as long as your blood levels are within regular limits. Call your primary doctor to check if you are unsure. Vitamin E can also increase bleeding and should be stopped one week before the procedure.
- **Antibiotics:** People who have artificial heart valves, mitral valve prolapse, or had hip replacements often have to take antibiotics before dental procedures. In the medical literature, most studies show antibiotics are NOT needed before and after skin surgery. The best thing to do is to check with the doctor who implanted the hip or artificial valve, or call the doctor who takes care of your mitral valve prolapse. If they do want you to take an antibiotic before the surgery, please let our office know.
- **Pacemakers:** Please inform your doctor if you have a pacemaker or other implantable electrical device before the surgery.
- **Alcohol and Smoking:** Consumption of alcoholic beverages can increase bleeding and should be stopped 3-4 days prior to surgery. Smoking can cause poor healing and should be cut down or stopped if possible before the surgery.
- **Eating:** There is no problem with eating a light meal before the procedure, and you should do so if you have diabetes or are hypoglycemic.
- **Activity:** You may be asked to abstain from certain sports or exercise activities for one to two weeks after the surgery if that activity will put a stretch or strain on the skin area that was treated. Patients who do work involving lifting or bending may be restricted from performing these duties for 7-14 days. Please plan accordingly.
- **Facial Surgery:** Facial surgery will require a pressure dressing for 24 hours, after which the area may be covered with flesh-colored tape. Women should come to the office without makeup. There may be bruising, especially if the procedure is near the eyes or lips. Depending on the degree of public contact with your job or lifestyle, you may want to take one or two days off work. We will provide a note if your job requires it.

Please arrive on time for your appointment. When scheduling the appointment, make sure to specify that it is for a surgery. Sutures are typically removed in 4-7 days if on the face and 10-14 days if on the body, so plan accordingly. Please call the office where you will be seen if you need to cancel your appointment or for any questions that you may have.