

# DERMATOLOGY ASSOCIATES OF MORRIS, P.A.

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## INSTRUCTIONS FOR SURGICAL EXCISIONS

You have been scheduled to undergo an outpatient surgical procedure in our office. All of our procedures are performed under local anesthesia which is injected directly into the skin, and you will be able to go home immediately after the surgery is completed.

### Scheduling:

- When scheduling your surgical appointment, keep in mind that you will need to return 5-14 days later for suture removal, and that for several weeks following your procedure you must refrain from strenuous physical activity that places stress on the excision site.
- If you need to cancel your surgical appointment, you must notify our office 24 hours in advance. You will be charged for any missed surgical appointment. Upon rescheduling a surgical appointment, be sure to request the same amount of surgical time as the original appointment.
- Please arrive for your surgery 10 minutes prior to your scheduled appointment time.

### Prior to Surgery:

- If you take Coumadin (warfarin, dicumarol), aspirin, Plavix (clopidogrel bisulfate) or other blood thinning medications because you have a history of heart attack, cardiac stent or stroke, please inform us. You do not need to discontinue their use.
- If you take aspirin (including baby aspirin) and do not have a history of any of the above conditions, then you should discontinue its use 7 days prior to surgery. Anti-inflammatory medications (i.e. Motrin, ibuprofen and naproxen), Ginko Biloba, Fever Few, vitamin E or garlic supplements should also be stopped 7 days prior to surgery. You may re-initiate all of the above the day after surgery.
- Be sure to tell us if you have been instructed by your medical doctor that you require oral antibiotics prior to dental or surgical procedures. In some, but not all, cases we will prescribe oral antibiotics for you to take for a short period of time before and after your procedure.
- Do not drink alcoholic beverages during the 24 hour period prior to surgery.

### Day of Surgery:

- You should eat a light breakfast or lunch on the day of your procedure. You should not undergo the procedure on an empty stomach.
- At the time of surgery, be sure to inform the nurse and doctor if you have a pacemaker or defibrillator and if you are allergic to any local anesthetics.