

**Dermatology and Laser Institute of Colorado, P.C.**

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**PRE-OPERATIVE INSTRUCTIONS FOR SKIN SURGERY**

1. Please inform the doctor or nurse before surgery if you have any of the following:
  - a. Require preoperative antibiotics before dental work or surgery
  - b. Have any artificial joints, artificial heart valves, or other internal hardware
  - c. Have a pacemaker or internal defibrillator
  - d. Have a bleeding disorder or tendency
  - e. Take anticoagulants such as Coumadin (warfarin), Plavix, aspirin, etc.
  - f. Have a history of allergy to local anesthetic
  - g. Have significant medical problems such as diabetes, uncontrolled hypertension, angina, history of heart attack, stroke, HIV infection, etc.
2. Aspirin is a blood thinner. Many products (e.g. Alka-Seltzer) contain aspirin; please read labels thoroughly. If you take aspirin or other blood thinners for medical reasons on the advice of your doctor (e.g. you have had a heart attack, stroke, atrial fibrillation, artificial heart valve, etc.), please call our office to inform us, but do not discontinue the medication. If you take aspirin only for preventive reasons or for relief of occasional pain, please discontinue it for 2 weeks prior to surgery (including “baby aspirin”). Pain medications such as Ibuprofen, Motrin, Advil, Aleve, etc. also thin the blood and should be discontinued at least 3 days prior to surgery. Tylenol (acetaminophen) can be taken safely for pain prior to and after surgery.
3. Do not drink alcohol for 4 days prior to surgery. Alcohol can decrease your resistance to infections and can predispose to bleeding. Stop all herbal medicines 14 days prior to surgery (including ginkgo, garlic, ginger, ginseng, Vitamin E, ephedra, and feverfew). These can all promote bleeding and bruising. If you smoke, try to stop or greatly reduce the amount you smoke for 1 week prior to and 2 weeks after surgery. Smoking promotes blood clots and greatly impairs healing.
4. Take any other medication like you normally do on the day of your procedure.
5. If you are having facial surgery or your procedure will likely be lengthy or complex, you should arrange for someone else to drive you home. Although only local anesthetic is typically used for dermatologic surgery, you may be stiff and slightly disoriented following your procedure. You may also have a bulky dressing placed over the wound, which may interfere with your vision.
6. In general, strenuous activity or exercise should be avoided for 2 weeks following skin surgery (this includes skiing/snowboarding). You can usually shower the next day after your procedure, but bathing, soaking, or swimming is not recommended for 2 weeks after your procedure.
7. You may wish to purchase the following supplies prior to your procedure: Bacitracin topical antibiotic ointment (available over the counter), hydrogen peroxide, Tylenol (acetaminophen), large band-aids, ice pack or frozen vegetable bag.
8. When you schedule your surgery appointment, we reserve a large segment of time specifically for you. When surgery appointments are missed, valuable time is lost that could have been used to treat other patients. **If you do not show up for your appointment, or if you cancel with less than 48 hours notice, you will be charged a \$50.00 cancellation fee.** We will be unable to schedule any new appointments until this fee is paid.