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Surgery and Cutaneous Oncology
American Academy of Cosmetic Surgery

Dermatology
Mohs Micrographic
Laser Surgery
Cosmetic Surgery

PREPARING FOR YOUR EXCISIONAL SURGERY

DO: Do shower and shampoo the night before and the morning of surgery.

Do **EAT** normal meals before surgery. Do tell the doctor if you have any allergies to medicines or have a bleeding problem.

Do **BRING ALL** your medications in their bottles to show the doctor. **Take ALL** your regular medicines unless the doctor tells you not to.

Do wear an old shirt that buttons all the way down (not a pull-over). **WEAR ABSOLUTELY NO JEWELRY.** If you're having face surgery **WEAR ABSOLUTELY NO MAKE UP** and have your hair pulled back away from the surgery site.

Do bring an old blanket to the office if needed; the surgery room is kept cool.

Do **WEAR** warm socks to the office.

Do tell the doctor if you have a cold or don't feel well.

Your surgical procedure will be done under local anesthesia. You will not be put to sleep or given sedatives. Unless otherwise instructed, you should be able to drive yourself home.

DON'T: **Don't have ALCOHOL** (wine, beer, whiskey) from one week before until one week after surgery.

Don't have herbs, vitamin E, niacin, fish oil tablets (omega 3 fatty acids), or non-steroidal anti-inflammatory medicines (Motrin, Nuprin, Advil, etc.) for one week before surgery. They can cause bleeding.

Don't apply lotions to surgery site on the day of surgery or the bandages will not stick to your skin.

If your primary care doctor has prescribed Aspirin or Coumadin for your heart **TAKE THE ASPIRIN OR COUMADIN AS YOUR DOCTOR SUGGESTED UNLESS YOUR DOCTOR SAYS YOU CAN STOP ASPIRIN FOR 1 WEEK BEFORE SURGERY OR COUMADIN 3 DAYS BEFORE SURGERY.** Ask your primary care doctor **BEFORE** stopping the aspirin or coumadin. Over-the-counter **TYLENOL** can be taken any time it's needed for pain and/or headaches **before** or after surgery **BECAUSE IT DOES NOT CAUSE BLEEDING.** Although, it is important that you **DO** take your daily medications for blood pressure, diabetes, thyroid, etc.

Don't smoke excessively (it slows healing). It's best not to smoke at all. DO NOT smoke within 2 hours before surgery.

BEFORE SURGERY:

You **MAY** be given antibiotics prior to surgery. This medication antibiotics should be taken starting the morning of your excisional surgery.

It's a good idea to use the restroom before your surgery. Ask the receptionist to show you the way.

Please ask if you have **ANY** questions before, during, or after surgery. We want to work together with you to make your surgery successful.

AFTER SURGERY:

There will be need for post-operative follow-up for observation and suture removal after the excisional surgery. Moreover, Dr. Nahm will send your specimen for pathology evaluation and will inform you its results. It is best to remain in the local area (if possible) for 10-20 days during the post-operative period. Let the Dr. Nahm or his staff know if you cannot do this.

The wound will take about 25 days to become sufficiently strong after all the surgery has been performed.

ITEMS YOU MAY NEED TO PURCHASE FOR WOUND CARE:

Hydrogen peroxide, Vaseline Petroleum Jelly, Telfa dressing of non-stick gauze squares, paper tape or silk tape, Q-Tips, Sterile gauze pads (purchase either 2-inch, 3-inch, or 4-inch pads according to the size needed to cover your wound).

Specializing in Cosmetic & Medical Dermatology

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