

Pre-Op Instructions for Surgery

- Stop all Aspirin, Aspirin-like products, Ibuprofen (Advil™, Motrin™), Vitamin E, and all Herbals two weeks prior to surgery (unless you were advised otherwise). Take Tylenol™ for pain if needed.
- Do not drink alcohol (beer, wine, etc.) one week prior to surgery.
- Eat a normal breakfast or lunch and take your regular medications.

You Will Need To Plan For The Following After Surgery

- Avoid strenuous activities and exercise until the stitches are removed - for example do not vacuum, lift anything greater than 10 lbs, or perform vigorous physical exercise.
- If your surgery was on your head or neck, keep your head higher than the rest of your body for the first two days after surgery. Do not lower your head below your waist if you bend over to pick up objects or tie your shoes.
- You will not be able to get the area wet for 24 hours.
- Have some basic wound care supplies on hand: **POLYSPORIN OINTMENT**, cotton gauze, "Telfa" non-adhesive gauze, Q-Tips and flexible woven or paper tape.

Things To Remember To Bring With You (Mohs Patients only)

Reading material, sweater, special food requirements and any medications you may need to take during the day (like insulin). Remember to eat a light breakfast. Light snacks and drinks will be available on the day of your surgery, but you may bring your own lunch. Wireless Internet is available at our office—you are welcome to bring your laptop computer. You may need to have a friend or relative drive you home. **Please remember you need to plan to be here for the entire day.**