

# EXCISION

## Pre-Operative Instructions

- **STOP** all Ibuprofen (Advil®, Motrin®), Aleve®, Aspirin, Vitamin E, fish oil and all herbals **two weeks** prior to surgery
- You may take Tylenol® for pain if needed
- DO NOT drink alcohol one day prior to surgery
- DO eat a normal breakfast or lunch and take your regular medications on the morning of surgery
- Please DO NOT wear any makeup on your day of surgery. Make-up contains bacteria that can infect your surgical site

## Please Read!

- Plan on NO exercise for one week if surgery is on your face; or NO exercise for two weeks if surgery is on your arms, legs or body while sutures are in place, this includes golf, tennis, swimming, and walking and no trips or traveling.
- Avoid strenuous activity until stitches are removed-for example, do not vacuum or lift anything greater than 10 lbs – or anything that raises your blood pressure
- If your surgery was on your head or neck, keep your head higher than the rest of your body for seven days after surgery. Do not lower your head below your waist if you bend over to pick up objects or tie your shoes.
- You can shower 24 hours after your surgery

## Recommended Supplies for Wound Care

1. **Aquaphor®** (A healing ointment available at SkinSmart and other drug stores)
2. **Non-stick pads** (one box – you will cut pieces to fit your area)
3. **Flexible woven tape** (available at our office for purchase or drug store – do not use paper tape – it will not stick)
4. **Q-tips®**

**\*\* A Wound Care Kit can be purchased in our SkinSmart Boutique \*\***