

How to Prepare for Surgery

Read the enclosed handouts.

Be sure that your blood pressure is controlled. If your diastolic blood pressure (the lower number) is above 100 mmHg, we cannot safely perform the surgery.

If you take blood thinners for a stroke, heart attack, blood clot, or have an active cardiac arrhythmia such as atrial fibrillation, you must contact the prescribing physician for permission prior to stopping your anticoagulants.

Mark your calendar:

- Five days prior to surgery (to minimize the risk of complications from bleeding) stop:
 - Aspirin (Bufferin, Excedrin, etc.)
 - Herbal remedies (fish oils, garlic pills, ginko, vitamin E, etc.)
- Three days prior to surgery, stop:
 - Coumadin (warfarin)
 - Plavix (clopidogrel)
 - Ibuprofen products (Aleve, Advil, Motrin, etc.)
- One day prior to surgery, avoid:
 - Brilinta (ticagrelor)
 - Eliquis (apixaban)
 - Pradaxa (dabigatran)
 - Xarelto (rivaroxaban)
 - Alcohol-containing beverages (beer, wine, liquor, etc.) or remedies (Nyquil, etc.)
- On the day of the surgery:
 - If prescribed, take your prophylactic antibiotics one hour prior to the appointment
 - Have your usual meals
 - Bring something to do such as a book, crossword puzzles, or a laptop
 - If you are having Mohs micrographic surgery, keep your schedule open because we do not know how many layers will be necessary. Most patients are in the office for three to four hours, but some patients require a full day

After surgery:

- Plan to keep the bandage dry for 24 hours
- Plan to relax the first two days
- Plan to strictly avoid exercising, heavy lifting, and straining for two days
- Plan to avoid motions that stretch the wound for the first two weeks
- Plan to avoid pools, baths, and hot tubs until the sutures are removed
- Showers are okay after the first 24 hours

Problems after surgery are rare, but possible. Please avoid planning trips within the first three weeks after the surgery so that we can manage any complications, should they occur.