

Preoperative Patient Instructions for Skin Surgery

You are scheduled to have excision of a skin lesion in our office using local anesthesia – the same type used in a dental office. You will be able to drive to and from our office. The following instructions will help to answer any other questions you may have. If you have any specific questions about your procedure please call to speak to our staff or to Dr. Goodlerner.

- **Eating:** You should have breakfast. If you are diabetic bring a snack and please advise Dr. Goodlerner regarding medications for diabetes.
- **Medications:** Review the enclosed medication precaution list. Be sure to adhere strictly to the avoidance list. If you must be on Coumadin® or Aspirin® for medical indications, please contact your doctor about stopping these medications for about one week. Medications such as Advil® can be safely discontinued. Tylenol® is safe to take before your procedure. Alcoholic beverages, if consumed regularly, especially in the three or four days before your procedure, can result in increased bleeding during the surgery. Other medicines can be continued. Please advise Dr. Goodlerner if you have a pacemaker.
- **Smoking:** Smoking may cause poor healing especially on the face. Please cut down on smoking if you cannot stop.
- **Facial Surgery:** Facial surgery will require a pressure dressing for 24 hours. After that the area will be covered with flesh colored tape. Women should come to the office without makeup. There may be bruising if the procedure is near the eye or lips. Depending on the degree of public contact in your job, you may want to take one or two days off of work. We will provide a note if your job requires it.
- **Activity:** You may be asked to abstain from certain sports activities for two weeks if those activities will put any stretch or strain on the skin area being treated. Patients who do work involving lifting or bending who will be having surgery on legs, arms, or back may be restricted from performing these duties for 10 to 14 days. Please plan accordingly. Patients who perform physical work or physical activity that would put strain on the wound, please discuss with the doctor or staff before scheduling procedure.
- **Please arrive** at the appointed time so that our nursing staff will have ample time for your preoperative preparation. All patients will be in the office about one hour and a half. If we are sending your specimen to a hospital for frozen sections, there will be a 30- to 60-minute waiting time for the result. In that case, you should plan on being in the office for three hours. Although we make every effort to start on time, procedures scheduled before you may be more complex than expected or take more time. We recommend that you do not schedule any meetings, appointments or carpools before 12:30. Also, parents with childcare responsibilities should hire a baby-sitter and not bring children with them.
- **Suture removal** is done after seven days for facial surgery and 10 to 14 days for non-facial surgery. If you will be out of town please let us know.
- **Cancellations:** If your schedule changes let our office know at least a week in advance so that another patient may be scheduled in your appointment time.

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MEDICATION PRECAUTIONS FOR SKIN SURGERY PATIENTS

These instructions are to be followed before and after your surgery.

Do not take aspirin* or alcoholic beverages for two weeks prior and one week after surgery. Tylenol can be safely used for pain or headaches.

If you are on any antirheumatoid, antiarthritic, circulation, or anticoagulant medication (e.g. Motrin, Naprosyn, Persantine, or Coumadin), please inform us.

For a two-week period prior to and after the scheduled date of your surgery, please do not take any medication that contains aspirin or aspirin-related products, such as ibuprofen (Motrin, Advil) as an ingredient. Aspirin has an effect on your blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the postoperative period.

Please check the labels of all medications that you take, even those available without a prescription, to make sure you are not taking any aspirin or aspirin-like substances.

Please consult your physician before stopping any prescribed medication.

The following is a list of the common medications and substances that can increase your tendency to bleed:

Advil	Children's Aspirin	4-Way Cold Tabs	Phenaphen
Alcohol	Clinoril	Ginko Biloba	Persantin
Aleve	Congesprin	Heparin	Quagesic
Alka Seltzer	Cope	Ibuprofen	Relafen
Anacin	Coricidin	Indocin	Robasisal
Anaprox	Coumadin	Indomethacin	Rufin
Anaproxn	Darvon	Lovenox	Sine Off
APC	Darvon with A.S.A.	Meclomen	Sine Aid
5A.S.A.	Dolobid	Medipren	Trandate
Ascodeen	Dristan	Midol	Trental
Ascriptin	Easprin	Motrin	Trigesic
Aspirin	Ecotrin	Nalfon	Trilisate
Bufferin	Empirin	Naprosyn	Vanquish
Brufen	Emprazil	Norgesic	Vitamin E
Celebrex	Excedrin	Nuprin	Vioxx
Cephalgesic	Feldene	Orudis	Voltaren
Cheracol Capsules	Fiorinal	Percodan	Zactrin
			Zorprin

** If you need minor pain medication, please take acetaminophen (Tylenol) or another non-aspirin medication. Tylenol or Anacin-3 are available at your local pharmacy without a prescription and have comparable pain relief potential to that of aspirin. If you are allergic to acetaminophen (Tylenol) or unable to take it for other reasons, please notify us so that we might arrange for a suitable substitute.