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PRE-OPERATIVE INSTRUCTIONS

**THERE IS A \$250 FEE IF YOU CANCEL OR RESCHEDULE
YOUR APPOINTMENT AT LEAST 24 HOURS PRIOR,
UNLESS YOU HAVE AN EMERGENCY THAT YOU DISCUSS
WITH THE DOCTOR.**

TWO WEEKS PRIOR TO SURGERY:

MEDICATIONS: Many over-the-counter medications and supplements prevent blood clotting and can result in excessive bleeding or bruising during and/or after your surgery.

Unless it is medically necessary or a physician has prescribed them for you, we ask that you do not take vitamin E, aspirin, aspirin-containing products, ibuprofen, naproxen, or any pain reliever except acetaminophen/Tylenol for two weeks prior to surgery, if possible. You may take acetaminophen products, such as Tylenol. Please take all of your other usual medications, unless directed otherwise by Dr. William Long or Dr. Wendy Long Mitchell.

TOBACCO: If you smoke, please reduce or stop smoking for at least one week prior to and for one week after surgery.

A FEW DAYS PRIOR TO SURGERY:

ALCOHOL: We also require that you do not drink any alcohol for three days prior to surgery since this also thins the blood and may cause excessive bleeding.

Be aware that you may not bend, lift, or exercise for at least one week following your procedure. We recommend that you refrain from cleaning the apartment or house, lift heavy grocery bags or laundry bags, or exercise in any way. Please make arrangements for necessary assistance during the

post-operative period. We recommend washing your hair the night before or the morning of surgery, as your wound and initial dressing must remain dry for the first 24 hours.

SURGICAL DRESSING SUPPLIES:

Please purchase the following items, in order to care for your surgical wound properly:

- Vaseline or Eucerin's Aquaphor Healing Ointment
- Telfa pads or any non-stick/non-adherent dressing
- Paper tape

DAY OF SURGERY:

The length of the surgery varies greatly depending on the type, size and location of the lesion to be removed. For a typical cyst or mole removal the average length of time is 30-45 minutes. For Mohs micrographic surgery for skin cancer the average length of surgery is approximately 2-4 hours.

We recommend being well-rested and eating well on the day of surgery. We also suggest you wear loose fitting, comfortable clothing. Please take all medications prescribed by your physician.

POST-OPERATIVE INSTRUCTIONS:

The doctor will inform you for how long after the procedure you will be unable to exercise or be involved in exertional activity. It can be up to two weeks in some cases.

Unless the surgery is on the leg, you should be able to go back to work after the procedure. If the surgery is on the leg, you will likely have much less discomfort if you go home and rest for the remainder of the day, as walking around immediately after the surgery can impede healing and result in bleeding and/or pain.