

PRE- SURGICAL INSTRUCTIONS FOR EXCISION

- **Regarding your medications please read the following and review the specific instructions with the surgical team prior to surgery.**
- If you take aspirin (or aggrenox) because of a history of coronary artery disease, heart attack, heart disease, stroke, TIA, or peripheral vascular disease, please continue this medication prior to surgery.
- If you take aspirin simply to “stay healthy” without a history of any of the above or other diseases, you may be asked to stop it 10 days prior to surgery.
- If you take Coumadin (warfarin) because of a history of atrial fibrillation, heart disease, stroke, TIA, or deep venous thrombosis (DVT), pulmonary embolus, or other internal disease, please continue this medication prior to surgery. We would like to have a blood test showing a PT/INR value within the expected range within 5 days of surgery.
- If you take aspirin plus plavix or aspirin plus Coumadin (warfarin), please discuss this specifically with the surgical team prior to surgery.
- Please discontinue ibuprofen (Advil, Motrin), naproxen, and all non-steroidal anti-inflammatory drugs 5 days prior to surgery.
- Please discontinue vitamin E, fish oil, and flaxseed oil 10 days prior to surgery.
- Continue all other medications without change.

- No alcohol consumption for 48 hours prior to your surgical procedure/s.
- If you smoke, please limit/avoid tobacco as much as possible prior to surgery.
- If you have an artificial joint or heart valve, or need to take antibiotics prior to surgery or dentist visits, please discuss this with the surgical team prior to surgery.
- Do your best to get a good night’s rest prior to surgery.
- Please eat breakfast and/or lunch on the day of surgery.
- It is recommended that you wear comfortable, loose-fitting clothing and avoid “pullover” clothes.
- For women: please do not wear makeup to surgery if the lesion is on your face.
- For men: please do not shave for 48 hours prior to surgery if the lesion is on your beard area.
- **You will be asked to identify the area requiring treatment on the day of surgery. If you cannot locate this area, please call the office.**