

Pre-Surgery Instructions

Excisional surgery requires the removal of skin down to the fatty layer. The skin is closed with stitches. Please read the following instruction to minimize any risk of complications with your surgical procedure.

Please be sure to notify us of the following:

- Inform us if you have a history of excessive bleeding, poor wound healing, abnormal scar formation, any allergic or unusual reaction to local anesthesia, or a history of fainting spells (passing out).
- Notify us if you have been prescribed any new medications by another physician, or if you presently take blood thinners such as: Coumadin, Eliquis, Plavix, or daily aspirin. This will help us decide whether you need to contact that physician about possibly stopping the medication before your surgery.
- Some over-the-counter medications and herbal supplements can also cause excessive bleeding. Examples include aspirin, ibuprofen, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acids. Please notify the staff if you are taking any of these.
- Let us know if you have a history of mitral valve prolapse (MVP) with mitral valve regurgitation, artificial heart valve, artificial joint(s), and metal or steel plate devices. Please check with your primary care physician or specialist to determine if you require antibiotic coverage before procedures.
- Inform us if you have a pacemaker or defibrillator implant.

Preparing for your surgery:

- On the day of your surgery, eat a reasonable meal at least one hour prior to your procedure.
- Expect to have restrictions on physical activity (weight lifting, aerobic exercise, swimming, sports, or other strenuous activity) while your wound is healing. This is to minimize the risk of breaking the sutures and opening the surgical wound.
- If you are having a procedure on the scalp or close to your hairline, bring a baseball hat to your appointment. This will allow us to secure a gauze dressing over the wound with the hat.
- If you have any questions or concerns, please contact the clinical staff or your physician prior to the day of your procedure for clarification.

South Shore Dermatology Physicians, P.C.
31 Roche Brothers Way, #200
N. Easton, MA 02356
Phone: (508) 535-3376
Fax: (508) 535-3377