



Information for patients for skin surgery

You are scheduled for surgery at our office. The information below is to help prepare you for your surgery.

- Surgery is completed with local lidocaine mixed with epinephrine (just like the biopsy).
- You can drive to the appointment and drive afterwards.
- Continue to take all your medications but inform the medical assistant if you are taking any blood thinners including baby aspirin.
- No precautions with eating or drinking before or after the surgery
- You will have restricted movement for up to 2 weeks after the surgery. Please plan accordingly. This may include but not limited to swimming, golfing, weight lifting or going to the gym, flying. If you have additional concerns or questions please contact the office in advance to discuss
- Prepare to have the area covered with Aquaphor or Vaseline and bandages for up to 2 weeks after the surgery
- If you need pre-antibiotics prior to your surgery due to having a joint replacement or artificial heart valve within the last 2 years, please contact the office in advance (up to 1 week prior) so we can discuss sending in a prescription to help prepare for this surgery
- If you have a pacemaker, please let the medical assistant know prior to seeing the provider in clinic
- Refrain from traveling after the surgery for up to 2 weeks.

Aftercare instructions:

- Your surgery was finished **WITH** stitches.
- Your bandage should stay clean, dry, and in place for 24 hours.
- After 24 hours, cleanse the site with warm soapy water once a day. Always wash your hands with soap and water prior to cleaning or touching the surgery site. Only use your fingertips to wash the surgical site. Do not use loofahs, sponges, or washcloths. Pat dry the area after washing, then apply Vaseline/petroleum jelly; if needed, cover with a non-stick gauze pad and a bandage. Continue cleaning and changing the dressing until the site is completely healed.
- Do not use bacitracin, Neosporin, or polysporin.
- We recommend no strenuous activity for 2 weeks after your surgery such as: golf, yoga, Pilates, running, lifting anything over 20 pounds, raking, painting, or strenuous household chores.
- If you have any bleeding or oozing from your surgery site, keep calm. Do not remove the bandage. Apply firm continuous pressure using a clean gauze, towel, or washcloth for 30 minutes. Do not "peek" or "check on" the progress. If bleeding or oozing does not stop, try putting pressure on the site again with ice for 30 minutes. If you cannot get the bleeding/oozing to stop with this pressure,

please contact the dermatology clinic at 480-704-7546. If this issue happens after hours, call the same telephone number and you will be connected to the on-call doctor.

- Mild swelling, redness, and pain are normal in the first 48 hours but should be stable or improving after that timeframe. Thin, clear, yellow drainage is normal in the first 5 days.
- Signs of infection include fever, expanding redness, worsening pain, swelling, increased warmth at the surgical site, or draining pus. If you have any concerns about signs of infection, please call our office.
- Avoid consuming alcohol and taking ibuprofen for 48 hours after surgery as it can increase your risk of bleeding.
- No matter if you have pain, take two, 325mg acetaminophen (Tylenol) pills every six hours for the first day after your surgery. After this, you may take one to two 325mg acetaminophen (Tylenol) pills every four to six hours as needed for pain. Do not take Tylenol if you have liver failure, or severe liver disease.

If you have not been contacted about your surgery results within 2 weeks, please call the clinic at 480-681.3300

