



PATIENT INSTRUCTIONS BEFORE SKIN SURGERY

With your help, we want to optimize your surgical outcome at Akron Dermatology. Therefore, it is essential for you to follow the guidelines below to avoid surgical complications.

Two Weeks Prior to the Day of Surgery:

1. Certain over the counter medications need to be stopped two (2) weeks prior to surgery such as:
 - a. All herbal medications and Vitamins (especially garlic, ginger, vitamin E)
 - b. Anti-inflammatory medications such as Ibuprofen and naproxen
 - c. Many over the counter medications for cough, cold and common ailments contain anti-inflammatory medications or aspirin. It is best to avoid these products. If you must take these products read the active ingredients carefully.
 - d. You may take Tylenol (Acetaminophen) for headaches or discomfort.
2. If you have been instructed by your physician to take aspirin for a medical condition, you may continue to take it. However, if you started yourself on aspirin for the cardio-protective effect, please stop the aspirin **2 weeks** before your scheduled surgery.
3. We recommend that you discontinue smoking at least **2 weeks** prior to surgery. Smoking impairs wound healing!

Preparing for the Day Surgery

1. Do not drink alcohol for **3 days** before your surgery, as it is a blood thinner.
2. Please eat the day of the surgery (unless otherwise instructed).
3. If you are a diabetic please check your blood sugar the day of the surgery. Please bring any diabetic medications along with your glucose meter if you normally check your blood sugar throughout the day.
4. The surgery will be performed awake using local anesthesia, unless otherwise instructed by your physician.
5. If you take (Xarelto/Rivaroxaban, Eliquis/Apixaban, or Pradaxa/Dabigatran) please discontinue taking 24 hours prior to surgery and held for 24-48 hours following surgery
6. If you take Coumadin (Warfarin) or Plavix (Clopidogrel) please continue to take it as prescribed unless otherwise instructed by your physician.
7. Mohs surgery can take a couple hours or the entire day, please plan for this.

After Surgery

1. You will be able to drive after the procedure **unless** the surgery is in an area that impairs your ability to drive, such as around the eyes.
 - a. Please have a driver, such as a family member or service be available to pick you up on the completion of your procedure.
2. We recommend no aerobic activity for 2 days after the surgery to decrease the risk of bleeding. Exercises or motions that put stress on the surgery site should be avoided for at least 3 weeks after the surgery.
3. Wound care instructions will be provided and reviewed with you immediately after your procedure.

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Please use our patient portal access for questions, refills, medication updates found at www.akronderm.com.