



## Pre-Operative Instructions – Mohs, Skin Grafts

The following instructions should be followed closely except when overruled by specific procedural instructions.

### 1 Week Prior - Preparing for Surgery:

1. DO NOT TAKE Aspirin, Ibuprofen, Motrin, Ecotrin, Nuprin, Vitamin E 200iu per day, Fish Oil, prescription fish oil (Lovaza), Advil, or any non-steroidal anti-inflammatory which will interfere with normal blood clotting. Beware, many over-the-counter medicines contain aspirin or ibuprofen. If you have any questions, call the office or your pharmacist.
2. In some instances, blood thinning agents may be continued during surgery with Dr. Prystowsky's approval. If you take Plavix or Coumadin, please consult with Dr. Prystowsky.
3. You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.
4. Please DISCONTINUE ALL HERBAL SUPPLEMENTS as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.
5. Please DISCONTINUE ALL DIET PILLS whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.
6. NO SMOKING: nicotine reduces blood flow to the skin and can cause significant complications during healing.
7. NO ALCOHOL: (beer, wine, liquor) one day before, the day of, and one day after surgery.
8. Start taking a multivitamin each day and continue taking through your recovery. The healthier you are, the quicker your recovery will be.
9. DO report any signs of cold, infection, boils, or pustules appearing before surgery.
10. If you are to be pre-medicated, (Valium) before surgery, DO arrange for a responsible adult to drive you to and from our facility on the day of surgery, since you will not be allowed to leave on your own.
11. (Enclosed is a detailed list of Medications to Avoid.)

### ANTIBIOTICS:



## Dermatologic Surgery

In certain situations, antibiotics may be recommended about an hour prior to the procedure to patients who:

- Have had joint replacement surgery
- Have artificial heart or heart valves
- Have certain heart or heart valve problems

**SUPPORT HOSE:** Only for patients having surgery on the lower leg or top of foot

If you are having surgery on the lower leg or top of the foot, **BRING** a pair of over-the-counter knee high support hose (15-20mm Hg) to aid in your post-operative bandaging.

## Night Before Surgery & Morning of Surgery

1. **DO** take a thorough shower the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.
2. **Do** Shampoo your hair the morning of surgery. Depending on the procedure, you may not be allowed to shampoo your hair for several days after surgery.
3. **DO NOT** apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.
4. You may brush your teeth the morning of surgery.
5. Please have breakfast and or lunch as usual – fasting is not required for your procedure.
6. **DO NOT** wear contacts to surgery if the surgical site is on your face/ head. Instead, bring your eyeglasses with you.
7. **DO** wear comfortable, loose-fitting clothes that do not have to be put on over your head. We recommend a button-up top and pull on pants. You will want easy-to-slip-on flat shoes.
8. Again, you must have an adult drive for you – to and from surgery, if Valium is to be administered pre-operatively. Please note that a cab or bus driver will not be allowed to take you home after surgery. Upon arrival, please provide us with your driver's name, phone numbers, and how we will be able to reach them.

**Janet H. Prystowsky, MD, PC**



**Dermatologic Surgery**

9. If you are not recovering at home, it is very important that we have the number where you can be reached after surgery.
10. The day after surgery, you will receive a post-op call to check on your progress.