

# Capital Dermatology

## Phone (703) 370-0073

### *Pre-Surgery Instructions*

You have been scheduled for a surgery. There are several things you need to do to prepare:

1. You must avoid aspirin and aspirin containing product two weeks prior to the surgery. Avoid alcohol 24 hours prior to the surgery. If you are on blood thinners such as Coumadin, please let our physician know. You will need to be off this type of medication for at least 3 days before the surgery. Your physical activities will be limited in the area of your surgery, therefore please plan accordingly. Contact your primary physician to make sure this is okay.
2. On the morning of the surgery:
  - a. Please be certain to eat a well balanced meal before your morning or afternoon surgery.
  - b. Wear comfortable loose fitting clothing.
  - c. Take a shower prior to the surgery. The initial dressing must remain dry until the next morning after the surgery. This enables the healing process to begin.
  - d. Expect to be in the office for a total of 1 hour for your procedure.
3. Our physician or the attending nurse will have necessary paperwork signed before the surgery begins. This is also an opportunity for any last minute questions that you may have.
4. Once the surgery is complete, wound care instructions will be reviewed with you. You will be leaving with sutures and a bandage. This bandage must remain dry until the next morning after the procedure. There may be some bruising around the sutures, which may last up to 1 week or more.
5. You need to return to have your sutures removed in 1-3 weeks. This time will be determined by the physician.
6. You will need some items to provide proper medical care after the procedure. Please purchase some Hydrogen Peroxide, Vaseline, gauze, and some tape.
7. If you need to cancel your appointment, please call the office as soon as possible so that we may accommodate other patients. In some cases we require a security deposit that is refundable. If less than 24 hours notice is given for a surgical cancellation, a cancellation fee of \$100 dollars will be charged.