

ConradPetersen

DERMATOLOGY

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Surgical Preoperative Instructions

You are scheduled for an excision of a skin lesion in our office. The surgery will be performed under local anesthesia. After surgery, the tissue will be sent for microscopic examination. You will have a pressure dressing for 48 hours. There is typically minimal pain, if any, after the surgery. You will be able to drive to and from our office unless otherwise instructed.

Medications: Avoid aspirin or ibuprofen for 1 week prior to the surgery. Tylenol is safe to take before and after the surgery. If you are on a prescription blood thinner, please discuss this with your surgeon prior to your procedure.

Pacemakers: Please inform your surgeon if you have a pacemaker or implantable electrical device.

Smoking: Smoking delays wound healing and should be cut down or stopped before surgery.

Activity: It is recommended that you abstain from heavy exercise for 1-2 weeks after surgery. Patients who do work involving lifting or bending may be restricted from performing these duties for that time.

Please arrive 15 minutes prior to your surgical appointment. When scheduling the appointment, make sure to specify that it is for a surgery. Sutures are typically removed 7-14 days after.

Surgical Postoperative Instructions

Signs of Infection:

Swelling ● Heat ● Red Streaks ● Expanding Redness ● Drainage ● Excessive Tenderness

Call our office immediately if any of the above signs develop or if you have any questions. If bleeding occurs, hold continuous pressure for 30 minutes. Call our office if it persists.

Wound Care:

- Keep the area clean, dry, and the office-applied dressing in place for 48 hours. After 48 hours you may remove the dressing and bathe normally. Do not immerse in water such as a bath or pool. Showering is fine.
- Gently clean the area with soap and water once a day and apply Aquaphor, Vaseline, or petrolatum ointment and a bandage until healed. Avoid polysporin and neosporin. Do not let a dry scab form. It is normal to have mild redness at the edges. This may persist for a week or more.
- Avoid any vigorous exercise which may put tension or pressure on the surgery site for 7-14 days.

Pain Control:

- If you experience discomfort you may take Tylenol (acetaminophen) immediately after and within the first 24 hours of surgery or Advil after 24 hours.

- For surgery on an extremity, elevating the arm or leg for the first 1-2 days can help with pain and swelling.