

## INSTRUCTIONS – PREPARING FOR MOHS MICROGRAPHIC SURGERY

### STARTING TWO WEEKS BEFORE YOUR SURGERY

- **Keep taking your regular medications.**
  - **IMPORTANT:** If you have had heart disease, blood clots, or a stroke before, you must keep taking your blood thinners (like Aspirin).
  - If you take Coumadin or Warfarin, you need to check your INR levels with your doctor within 5 days before your surgery. Ask your doctor to send the results by fax to our office at (919) 401-1924.
  - If you don't have a history of heart disease, blood clots, or stroke, please avoid blood thinning agents.
    - If you take aspirin, please do not take for 10-14 days before surgery.
    - For other blood thinning agents like ibuprofen (Advil), naproxen (Aleve), fish oil, can krill oil, and herbal supplements such as garlic, ginseng, and ginkgo, please do not take for 3 days before surgery.
- **Clear your calendar for your surgery day because you could be here all day.**
  - Do **NOT** plan any other appointments or activities on the day of your surgery.

### ON THE DAY OF YOUR SURGERY

- **Take your medications:** Continue taking your regular medicines. Also, BRING A LIST OF YOUR CURRENT MEDICATIONS WITH YOU.
- **Eat breakfast:** Have a good breakfast before you come to the office.
- **Bring food:** Pack a lunch and some snacks. Ensure that you have food in case your appointment goes into the lunch or dinner hour.
- **Wear comfortable clothes:** Please wear comfortable, older clothing that you do not mind getting stained, and choose a top that can easily be pulled on and off over your head.
- **No makeup or contacts.** If your surgery is on your face, do not wear makeup or contact lenses.
- **Bring a sweater:** The office might be cool, so it's a good idea to bring a sweater or blanket.
- **Plan for the whole day. DO NOT MAKE ANY OTHER APPOINTMENTS OR PLANS:** Set aside the entire day for your appointment. Don't schedule any other appointments or plans for the same day. Most people leave within a few hours but sometimes it takes longer, and you might stay until later in the afternoon to evening.
- **Come alone or with one person:** Try to come by yourself unless you need someone to help care for you. Our waiting room is small, so if you do bring someone, please limit it to just one person. Infants and children should not be in the waiting area due to long wait times.
- **You might need a driver:** Most patients can drive home, but if your surgery is near your eye or any area that might affect driving, please bring a driver. If you are taking anxiety medication that we gave you, **you MUST bring a driver.**
- **About sutures:** Your surgery might need stitches. Most stitches will dissolve on their own, so you won't need to have them removed. If you do need stitches taken out, we will set up a follow-up appointment for you 1-2 weeks after your surgery when you check out on the day of your surgery.
- **Possible Referral:** We can usually fix most Mohs surgery sites right here in our office. Sometimes, we may refer you to a plastic surgeon for this. If you want to see a plastic surgeon, please call us ahead of time so we can arrange it for you. This way, your repair can be done on the same day or the next day after your Mohs procedure.
- **Questions about your bill:** If you have any questions about your bill, call our billing department at (800) 776-0391.

## Postoperative Expectations

- **Pressure dressing:** Leave the first pressure dressing dry and on for 24-48 hours. Sometimes, we might ask you to keep it on until your follow-up appointment.
- **Wound care:** you might need to take care of the wound, depending on different factors. We'll give you instructions on wound care during your surgery. Be ready to wear a bandage for at least 10-14 days while you heal.
- **If bleeding starts:** If you notice bleeding, press firmly on the area with gauze or a clean washcloth for 20 minutes. If bleeding continues, press firmly for 20 minutes again. Call our office if you can't stop the bleeding after 40 minutes of continuous pressure.
- **Managing pain:** You can usually control pain with Tylenol (acetaminophen) and Advil (ibuprofen). We'll go over pain management with you during your visit. It's a good idea to have Tylenol and Advil at home.
- **Physical Activity:** After surgery, you might have different limits based on where and how big the surgery was. Avoid exercise or activities that make your heart race or raise your blood pressure for 48 hours to prevent problems. We'll answer all your questions about what activities you can do on the day of your surgery.
- **Written instructions:** We'll give you written instructions on the day of your surgery that will be specific to your needs.

We know you might be feeling nervous about your upcoming surgery. We hope this information helps ease your worries and gets you ready for your visit. Our goal is to give you the best and safest treatment for your skin cancer. If you have any ideas on how we can make your visit better, please let us know. You can share your thoughts with my staff or with me directly. Feel free to ask questions before, during, or after your visit. We're here to help make everything go smoothly and ensure a good outcome.