



Excision Pre-Operative Information

PLEASE READ CAREFULLY

The providers at Florida Skin Center have recommended that you have an excisional surgery done to treat your lesion. An excision is a surgical procedure where an area of skin is removed along with some of the healthy skin tissue around it (margin). The area is then sutured. For this procedure, a local anesthetic is used to numb the area. The entire procedure takes 30 minutes.

In order to speed your healing time, please consider these recommendations:

Avoid medications that prolong bleeding times unless they are being used for their blood thinning properties. If you can use Tylenol for a headache instead of aspirin, please do so. If your medical doctor has advised an aspirin a day for its ability to prevent clots because you have a risk of coronary disease or stroke, please continue to take it. We can work around the bleeding and the benefits outweigh the nuisance of a little extra bleeding. Medications commonly used for blood thinning properties include Aspirin, Coumadin (warfarin), Ticlid (ticlopidine), Plavix (clopidogrel), and Persantine (dipyridamole).

Other medications that thin the blood that you may know about include:

- o Ibuprofen; Motrin, Advil, Nuprin
- o Naproxen; Naprosyn, Aleve
- o Aspirin; Ecotrin, Ascriptin, Fiorinal, Cafergot,

If you have valve disease and generally require antibiotics before surgery, please let us know. If you have a standing prescription, as most people do, we will advise you on whether you need to prophylax for the procedure planned.

We routinely recommend Polysporin ointment during the wound healing period. If you have had reactions to Polysporin or Bacitracin, please notify us. We do not recommend Neosporin, or triple antibiotic.

After your surgery, we do ask that you **refrain from any strenuous physical activity** until your sutures have been removed. This includes lifting weights, going to the gym or doing any type of stretching in the area surgery was done. Any of these activities could cause your sutures to break and open up your wound.

Please be on time. We have a tight schedule with a mix of long procedures and shorter ones. If you are more than 15 minutes late we will have to reschedule you, as we will be involved in the next procedure. **We will only give your results to you, in person, during a regularly schedule follow-up visit.** We never give results out over the phone. We protect everyone's privacy in the strictest fashion.