



## **Manhattan Beach Dermatology**

2809 N. Sepulveda Blvd.,  
Manhattan Beach, CA 90266  
Phone: 310.802.8180 - FAX: 310.802.8150

### **PRE-OPERATIVE INSTRUCTIONS FOR SKIN SURGERY**

1. If you are on prescription medications, continue them unless otherwise instructed by your doctor. Inform us if you are taking any blood pressure medications, or blood thinners such as Coumadin (warfarin), Plavix (clopidogrel), aspirin, ibuprofen (Motrin, Advil), or other aspirin-like medicines.
2. Unless doctor-prescribed, do not take aspirin or aspirin-containing medications (Alka-Seltzer, Anacin, Excedrin, Aleve, Bufferin, and Ecotrin) for 10 days before and five days after surgery. Ibuprofen (Motrin, Advil) should be discontinued five days before surgery and five days after. You may take Tylenol (acetaminophen) for aches and pains.
3. Inform us if you have: artificial joints or valves, pacemaker, any bleeding disorder, or any problems with your immune system. If you have an artificial heart valve or an artificial joint, you may require oral antibiotics prior to your procedure. Check with your medical doctor prior to your surgery.
4. Do not take any of the following 7-10 days prior to surgery as they increase the chance of bleeding: alcohol, vitamin E, ginkgo, ginger, ephedra, garlic, and fish oil.
5. It is essential for proper wound healing that you **DO NOT SMOKE** for at least one week before and for at least two weeks after your surgery.
6. Please get good night sleep and eat normally the day of your surgery.
7. Shower the morning of your surgery. Wear a button down shirt or blouse if the surgery is on the face or head. For surgery on legs wear pants with loose fitting legs or shorts if possible. Do not apply cosmetics if the surgery is going to be done on your face.
8. After surgery, you will be able to drive home as only local anesthesia is used. Follow the wound care instructions and, for wounds requiring sutures, return for suture removal in 7 days for the face and neck, and 10-14 days elsewhere on the body. You will be restricted from heaving lifting and any exercise that puts strain on the wound during this time.