

Preparing for Skin Surgery

- Shower and shampoo the morning of your surgery.
- Do not have any alcohol beverages for 1 day before surgery.
- **Continue taking prescribed medications on your usual schedule unless instructed otherwise.**
- If you need to take an antibiotic before surgery, take it 1 hour before you arrive at Roswell Park.
- We recommend you have a light meal before your procedure.
- Do not apply any makeup.
- If your surgery site is on your head or neck, wear a shirt with buttons or a zipper instead of one that you put on over your head. If your surgery is on your leg or arm, wear loose fitting pants or shirt to leave room for the dressing/bandage that is put on after your surgery.
- We recommend you have someone come with you on the day of surgery, in case you do not feel up to driving. Do not plan on taking public transportation.
- **If you will have sedation medication, you must have a responsible adult with you to drive you home or be available to pick you up when you are discharged.**
- Due to patient privacy concerns and limited space in our waiting room, we ask that only 1 family member or friend come with you to the office for your procedure.

If you are having Mohs surgery: Please bring a lunch or snack with you because you may be here the entire day. If you will be seeing another surgeon for surgical repair on the same day as your Mohs surgery, follow their directions concerning eating and drinking.

Medication Precautions Before Skin Surgery

- **Unless your doctor tells you otherwise, DO NOT stop taking anticoagulant (blood thinners) medications** such as warfarin** (Coumadin or Jantoven), enoxaparin (Lovenox), clopidogrel (Plavix), dabigatran (Pradaxa), pentoxifylline (Trental), or rivaroxaban (Xarelto).
- **If you take warfarin, we would like you to have your blood level checked (INR value) within 1 week of your scheduled surgery date. Please have the result faxed to our office at **716-845-3285**.
- **Other medications that may affect normal blood clotting**
Please check the labels of all the medications that you take, especially those that did not require a prescription, and look for medications/ingredients that could affect your blood's ability to clot. As an example, aspirin will increase your tendency to bleed at the time of surgery and during the postoperative period. Please see the chart on the next page for some common medications that can affect blood clotting.

Common Medications That May Increase the Risk of Bleeding

Medications & Instructions	Examples
Alcohol	beer, wine, hard cider, liqueurs, hard liquor
Aspirin and Aspirin Products	
<p>Do not stop taking aspirin if it was prescribed by your primary doctor because you have a history of stroke, heart attack, blood clots, or other medical condition.</p> <p>If you take aspirin preventatively (meaning you do not have a history of stroke or heart disease), please stop taking it 2 weeks before surgery, and do not start taking it again until 1 week after surgery.</p>	<p>ASA, Alka Seltzer, Anacin, Aspergum, Bufferin, baby aspirin, Cope, Darvon, Ecotrin, Empirin, Excedrin, Fiorinal, Midol, Norgesic, Percodan, Robaxisal, salicylates</p> <p>Note: Capitalized names are brand names, lower case names are generic drug names.</p>
Herbal and Nutritional Supplements	
<p>Stop all herbal and nutritional supplements 2 weeks before your surgery.</p>	<p>echinacea, ephedra, fish oil, garlic, ginkgo, ginseng, kava, multivitamins, St. John's wort, valerian, and vitamin E can increase your risk of bleeding</p>
NSAIDs* and NSAID Products	
<p>Stop all NSAID products 2-3 days before surgery, unless instructed otherwise.</p> <p>*nonsteroidal anti-inflammatory drug</p>	<p>celecoxib (Celebrex), diclofenac (Voltaren), Dristan, ibuprofen (Advil, Motrin), ketoprofen, meloxicam (Mobic), nabumetrone (Relafen), naprosyn (Aleve, Anaprox), oxaprozin (Daypro), piroxicam (Feldene), sulindac (Clinoril)</p>

- For minor headaches and pain control, you can take acetaminophen (Tylenol®). This medication is available without a prescription and relieves pain as well as aspirin. If you are allergic to acetaminophen, please notify us so we may arrange for a suitable substitute.
- If you are unsure about any of your medications, please call us or **check with your pharmacist about whether a medication may affect blood clotting.**
- If you have questions or concerns, please contact our office at **716-845-3378**. A nurse will return your call.