



Preparing for Surgical Excisions

Excision: An excision is when a dermatologist surgically removes harmful or unwanted tissue such as skin cancers or cysts. It's highly effective and can usually be completed in one appointment. The surgery can be done under local anesthesia and does not require sedation.

Knowing what to expect and how to prepare for surgery can help your procedure go as smoothly as possible. Our dermatologists will be able to answer all your questions and help put you at ease. In the meantime, please see the following list of Do's and Don'ts to help prepare for your procedure

DO:

- Shower or bathe before your appointment to cleanse the area. We generally recommend leaving the wound covered for the first 48 hours, so thoroughly cleaning before is a preferred
- Make sure to dress comfortably so your doctor can easily access the cancer cells (or other lesion) during the procedure.
- Continue your normal daily procedure the morning of your appointment. (e.g. Take your morning medications, eat breakfast, etc.)

DON'T:

- Please do not schedule your procedure in a time frame where you will be traveling directly after the procedure. Complications after your procedure, though rare, are best taken care of with in-person visits rather than with phone calls. Also, suture removal is usually required in the follow up period. (The time frame varies depending on the surgery site).
- Please avoid heavy lifting, swinging, twisting motions for the first week to two weeks after your surgery. This can cause the stitches to fall apart. Keep these restrictions in mind when scheduling your procedure.