

## ISLAND DERMATOLOGY LLC

### SURGICAL PRE-CARE

- Do not stop any prescription medications you are currently taking unless the prescribing clinician has advised you to do so. This includes prescribed blood thinners and prescribed doses of aspirin.
- Avoid taking Ibuprofen, Naproxen, Aspirin, Excedrin, Motrin or Aleve 48 hours before the surgery if possible. Avoid drinking alcohol at least 48 hours before surgery.
- You may eat your normal breakfast if your surgery is scheduled in the morning. If your surgery is scheduled in the afternoon, please eat your normal lunch. If you are a diabetic or tend to feel faint when having procedures performed, please bring a snack with you.
- Please wear comfortable clothing. We ask that you wear a two-piece outfit since it may be necessary for you to remove parts of your clothing to expose the treatment area. You will be given a gown to wear if applicable.
- You will be able to drive yourself to and from your appointment. However, if you feel more comfortable having a driver, please make these arrangements ahead of time. Surgery appointments may take anywhere from 30 min to 2 hours, so flexibility is necessary.
- If you cannot keep your scheduled appointment for surgery, contact our office as soon as possible. We ask that you let us know at least 48 hours in advance so we can offer your appointment time to other patients who may be waiting to have surgery. Please understand that cancellations in less than 48 hours or no shows will result in a \$100 out of pocket fee and/or a dismissal from our practice.

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### SURGICAL POST CARE

- You will have a bandage applied after your procedure. Leave this in place, along with any additional wrapping or tape, for 24 hours. After 24 hours, you may remove the bandaging and shower as normal (avoid harsh scrubbing).
- After 24 hours, remove the bandage and apply a thin layer of Vaseline or Aquaphor to the wound bed. Do not apply over the counter antibiotic ointments such as Neosporin, Polysporin or triple antibiotic ointment unless specifically instructed to do so by your provider. Cover the wound with a fresh bandage. Repeat this wound care daily (or more if the area becomes soil, wet, etc.) until the sutures are removed.
- You should be cleansing your wound daily. Gently cleanse the wound bed by letting warm soapy water run over it in the shower or by patting it with a gauze soaked in gentle antiseptic solution such as Hibiclens or Puracyn. We do not recommend Hydrogen Peroxide or Alcohol use.
- There can be some bleeding after any skin surgery. If this occurs, apply firm pressure with a clean tissue or gauze for 5-10 minutes. If there is a dressing in place, leave it on and apply pressure on top of the dressing. If the dressing is very discolored, you may replace it later when the bleeding has stopped. This 5-10 min of continuous pressure should control the bleeding, however if bleeding continues or is not easily controlled, seek medical advice by contacting your Dermatology provider, your PCP or your nearest Urgent Care.
  - Please note that your Island Dermatology office is closed on Saturday and Sunday. If you have an issue on a day we are closed or after we have already left the office for the day, please rely on your primary care provider or nearest Urgent Care for assistance.

- You were given a local anesthetic injection prior to your surgical procedure to numb the skin. The effect of this will wear off gradually over about an hour and can take up to 4 hours for some. If you begin to feel unmanageable pain or discomfort at the site of operation, you may take your preferred over the counter pain killer. Acetaminophen (Tylenol) is usually adequate. Take as instructed on the packaging. Do not take aspirin unless you are already taking this for other medical reasons. We do not offer prescription pain medication post excision.
- Clear or see-through yellow drainage is normal. It is normal to have some drainage on your bandage when you remove it. It is also normal to see mild redness around the surgical site and mild crusting/scabbing of the wound bed. *If your surgical wound becomes hot, swollen, very painful or oozes purulent white/yellow opaque pus, it may be infected.* In that case, seek medical advice by contacting your Dermatology office, your primary care provider or going to your nearest Urgent Care within 24 hours.
- If you feel you are developing a band aid related rash or irritation, please call our office and schedule an appointment in person or via Telehealth appointment. Until your appointment, you should discontinue bandage use and apply clean gauze with paper tape.
- Keep your surgical site completely out of the sun. Failing to do so may result in further scarring and/or hyperpigmentation (permanent darkening of the skin)
- Avoid heavy lifting, rotating or moving of the sutured area for 3-4 weeks after surgery. Failing to follow this instruction may result in popping open of sutures and/or spreading of the wound even after the sutures are out.
- Avoid submerging in a pool, jacuzzi, hot tub, the ocean, etc. for a minimum of 2 weeks, or as directed by your provider.
- Avoid wearing gear that may rub on the area or create friction for 3-4 weeks
- Some individuals can develop thickened (keloid) scars. This is most likely to occur on the chest and back. Stretching of scars can also occur at these sites. It can take up to 1 year until the final scar result is reached. If you are concerned about your scar, schedule a follow up with your provider to discuss treatment options.

**By signing below, I have read the above pre and post care instructions and fully understand my responsibilities as a surgical patient at Island Dermatology LLC.**

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Patient Printed Name

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Patient Signature / Date

*The undersigned hereby provides consent as the parent or guardian of the above referenced minor patient.*

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Parent or Guardian Printed Name

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Parent or Guardian Signature / Date