

Randolph Dermatology

AND MOHS MICROGRAPHIC SURGERY

MOHS Micrographic Surgery Pre-Operative Instructions

- Bring your spouse or another trusted person on the day of the procedure. He or she may be needed to confirm the site of the skin cancer. In addition, he or she may provide a second set of ears as the medical staff provides you with many instructions.
- On the day of your surgery, eat regular meals beforehand.
- Do not discontinue blood thinners if they have been prescribed by your physician, especially if you have had a heart attack, stroke or blood clot. Aspirin, Coumadin (warfarin), Plavix (clopidogrel) and Pradaxa (dabigatran) are common blood thinners. If you have never had a heart attack, stroke or blood clot, and you are taking aspirin for other reasons, you may consider stopping it two weeks before surgery and restarting it two weeks after surgery. Ask your doctor if this is acceptable in your case before making a decision.
- Nonsteroidal anti-inflammatory medicines commonly used for headaches and joint pain may increase your risk for bleeding. These medicines include Advil or Motrin (ibuprofen), Aleve or Naprosyn (naproxen), Arthrotec (diclofenac), Indocin (indomethacin), Mobic (meloxicam), and Clinoril (sulindac). If you have a normally functioning liver, Tylenol is a preferred pain medicine that will not increase your risk for bleeding. Other supplements that may increase your risk for bleeding include fish oil, garlic, ginkgo biloba, glucosamine and vitamin E. Please avoid these supplements before the procedure and one week after the procedure.
- Shower before the procedure and wear freshly cleaned but informal clothes the day of the procedure. If the surgery site is above your waist, wear a very loose-fitting shirt or sweatshirt that easily and quickly comes off and on. Do not wear a formal button-down shirt. If the surgery site is below your waist, wear shorts or very loose-fitting sweatpants that quickly come off and on. Moreover, if the surgery is on your foot, bring footwear that could easily fit over a bulky dressing. After the surgery, while your surgical site is healing, continue to wear freshly cleaned clothes. Keeping clean will help prevent infections.
- Do not wear jewelry or apply creams, makeup or aftershave lotions near the surgery site on the day of your procedure and the day your return for suture removal.
- Bring something to snack on and something to read during the procedure because you may spend many hours at the office.
- If the surgery site is around your eyes, the bandage may affect your ability to wear glasses, making driving home difficult. Arrange for a safe ride home under these circumstances.
- Inform your doctor if you have had any of the following: trouble stopping bleeding in the past, serious skin infection by *Staphylococcus aureus*, an artificial heart valve, artificial joint, pace maker or defibrillator. Also inform your doctor if you have a heart murmur or if you take antibiotics before dental procedures.

MOHS Micrographic Surgery or Excision Pre-Operative Instructions Cont.

- Many patients feel much calmer if they have taken Valium (5mg) immediately before the procedure. Valium reduces stress and anxiety. Tell the surgeon if you wish to take an anti-anxiety medicine. You will need a ride to and from the office if you take this medication.