



**Skin Cancer Surgical Institute**  
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## **MINOR SURGERY INSTRUCTIONS**

**Patient:** \_\_\_\_\_ **Surgery date:** \_\_\_\_\_

Notes:

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### **TWO WEEKS PRIOR TO SURGERY**

1. STOP SMOKING. You may resume smoking 4 weeks after surgery.
2. NO ASPIRIN containing medications. NO FISH OIL, GINKGO BILOBA or SAINT JOHN'S WORT.

### **DAY BEFORE SURGERY**

1. Please contact *Cosmetic Surgery Clinics* at 949-499-4147 one business day prior to surgery for confirmation of arrival time.
2. NO alcoholic beverages the night before or day after surgery.
3. Please leave all valuables at home.
4. Please go to bed early the night before surgery.

### **DAY OF SURGERY**

1. Wear loose comfortable clothing (nothing that needs to be pulled over your head).
2. If you use an inhaler please bring it with you on the day of your surgery.
3. Please bring medications for high blood pressure or diabetes with you on the day of your surgery.
4. If surgery is scheduled for a skin cancer or small procedure in our office you may eat and drink.
5. If surgery is scheduled for the hospital, and under general anesthesia please refrain from eating and drinking after midnight the night the night before your surgery.

### **AFTER SURGERY**

1. If you have dressings, please leave your dressings on until told to remove (Steri-strips need to remain in place for 4 weeks)
2. If you have External sutures do not cover.
3. You may apply NEOSPORIN or BACITRACIN OINTMENT with a Q-TIP ONLY
4. Avoid getting incisions wet for 2 days. You may shower after 2 days but do not allow the water to hit directly onto the excision site.
5. No physical activity or sweating for 72 hours.
6. You may use TYLENOL only for pain. NO ASPIRIN containing medications (i.e. IBUPROFEN, BAYER, ALEVE, EXCEDRIN) for 1 week.
7. You will return to clinic in 1 to 4 weeks for removal of stitches and post-operative care. Please verify your return date.
8. Use prescriptions as directed. You will not be able to drive if you are taking your pain medications.
9. Please call our office if you develop any sudden swelling or increase in pain.
10. No use of Hydrogen Peroxide on incisions.
11. KEEP SITE ELEVATED FOR AS MUCH TIME AS POSSIBLE UNTIL YOUR NEXT APPOINTMENT.
12. Use high SPF sun block for 6 months following surgery. Avoid direct sunlight for best results.
13. A scar Management cream should be applied to surgical site after sutures are removed to improve healing of incision lines.