

Preparing your skin for surgery

Do's



Do **BOOK** off the remainder of your day from admission onwards. Due to the variables involved your Mohs excision and the reconstruction that follows can be completed as early as lunch time or as late as early evening.



Do **BRING** something to read or occupy you while you are in the ward.



Do always **EAT** a hearty breakfast before 07:00 on the morning of the surgery.



Do **BRING** clear fruit juice (apple/grape) to take as sips (alternatively sips of water) until 11:00 or 2 hours before reconstruction in the afternoon. If reconstruction is under local anaesthesia you can eat lunch and drink any fluids as normal.



Do **BRING ALL** your medications in their bottles to show the doctor. Take **ALL** your regular medicines unless the doctor tells you not to.



Do **WEAR** slip-on shoes to wear when you walk between the ward and procedure room.



Do **TELL** your doctor if you have a cold or don't feel well.



Do have someone **DRIVE** you home from the doctor's office after the surgery if possible. We can call your ride to pick you up a half hour before you're ready to leave.



Do **USE** the restroom before surgery. Ask the receptionist to show you the way.

Don'ts



Don't consume **ANY** alcohol from 5 days before until 3 days after surgery. Alcohol may cause bleeding.



Don't **TAKE** herbs, vitamin E, niacin, fish oil tablets (omega-3 fatty acids), or non-steroidal anti-inflammatory medicines (Myprodol, Neurofen, Coxflam, Cold medicines, Cataflam-D etc.) as far as possible, for one week before surgery. They can cause bleeding.



Don't **APPLY** lotions near the surgery site on the day of surgery or the bandages will not stick to your skin.



If your doctor has prescribed Aspirin for your heart **TAKE** the aspirin as your doctor suggested unless your doctor says you can stop aspirin for 1 week before surgery. Ask your doctor **BEFORE** stopping aspirin. Over-the-counter Panado can be taken any time when it's needed for pain and/or headaches before or after the surgery because it does not cause bleeding.



Don't **STOP** warfarin before surgery but ask your doctor to verify that your INR level is less than 2.5.



Don't **SMOKE** within 2 hours before surgery. Don't **SMOKE** after surgery, it slows down the healing process.



Don't **WEAR ANY** jewellery or **ANY** make-up and have your hair pulled back away from the surgery site.

Please ask if you have **ANY** questions before, during or after surgery. Except in case of genuine emergency or illness, we require 72 hour notice to reschedule your Mohs appointment, to allow the hospital and other role players to do appropriate scheduling.



SKINMATTERS

Mohs and Reconstruction Unit