

## **Information for the Dermatology Patient having Skin Surgery**

*You will be having surgery in the Dermatology Clinic. This sheet will tell you what you can do to prepare and what to expect the day of surgery.*

\*Eat a normal breakfast the morning of your surgery. If you have an afternoon appointment, each lunch prior to your appointment. Food will not interfere with your surgery. You might be uncomfortable if you are too hungry.

- Please shampoo/shower the morning of your surgery.
- Take all of your usual medications, unless the Dermatologist tells you otherwise.
- Surgery can be stressful, so we suggest that you bring someone with you who can drive you home if possible. If you are having surgery on your face, the bandages may block your vision. You are not, however required to have a driver.
- Wear comfortable clothes and empty your bladder in the patient's restroom prior to surgery.
- Do not chew gum or eat mints during the surgery.
- If the surgery site is on your face, please do not apply makeup the day of your appointment.
- Your surgery will be done in the dermatology clinic. You will not have to go somewhere else. Please arrive 15 minutes early so the nurses can prepare the site for surgery.
- Tell your doctor if you are allergic to any medications.
- You will not be put to sleep; a local anesthetic will be used.
- Tell your doctor if you are pregnant.
- The surgery can take up to one hour. Plan on being here for 1-2 hours. Please tell the nurses if you have any special needs.

### **After Surgery**

When the skin surgery is finished, the wound will either be closed with sutures (stitches) or left open to heal on its own. The doctor will decide what is best for you. No loofahs or sponges in the shower until after your sutures are removed.

You should rest at home the evening of your surgery. Avoid lifting anything more than 20 pounds and strenuous activities like household repairs, yard work, long shopping trips and sports. This gives your wound a good start on healing. Depending on the location of surgery, you may not be able to use that part of your body until the stitches are removed or the wound is healed. It is a good idea to plan ahead for this. The doctor recommends no strenuous activity for 2 weeks after your surgery such as; yoga, Pilates, running, lifting anything over 20 pounds, raking, painting or strenuous household chores. You will be given a care plan and the time of your next needed appointment the day of your surgery. If your surgery is for skin cancer, our next appointment after suture removal should be in 3-6 months unless otherwise specified. Any suture that you can see will need to be removed. Please make a suture removal appointment following your surgery.

*If you have any questions, call 952-920-3808 and ask to speak to a nurse Monday-Friday 7:30am-4:00pm. After hour calls will be forwarded to the on call doctor.*

**D E R M A T O L O G Y**

**S P E C I A L I S T S**

**P. A.**

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