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INSTRUCTIONS PRIOR TO MAJOR SKIN SURGERY

- 1. For one week prior to surgery** (or from now until surgery date, if scheduled in fewer than 7 days) **wipe area twice daily with Defense Body Wipes; allow to air-dry.** Wipe surgical area on face or torso and include 2" beyond surgical area. **Avoid contact with eyes.** If surgery will be anywhere on the forearm or hand, wipe from elbow down to fingertips; if surgery will be on lower leg, wipe from knee to tips of toes. **For surgical sites close to the eye,** carefully wipe the area with a cotton pad or ball moistened with Hydrogen Peroxide instead.
- 2. To help minimize the chance of infection, bathe or shower prior to surgery.**
- 3. Do not drink alcohol for 48 hours** prior to surgery, including beer and wine, because alcohol increases bleeding.
- 4. For 10 days prior to surgery do not take aspirin-containing products** because aspirin increases bleeding (including Alka-Seltzer, Anacin, Excedrin, Ecotrin, Ascriptin, BC Powder, Bufferin and Bayer).
- 5. For 10 days, do not take ibuprofen-containing products** or related medication because they increase bleeding (Motrin, Nuprin, Advil, Voltaren, Disalcid, Tolmetin, Dolobid, Indocin, Clinoril, Nalfon, Feldene, Naprosyn, Meclomen, and Relafen).
- 6. Do not shave over** the area to be surgically removed for 48 hours.
- 7. Do not wear make-up or jewelry to surgery.**
- 8. Do take Tylenol** if a pain-reliever is required.
- 9. On the day of your surgery, bring someone to drive you home.** You may feel that you are able to drive your car but is medically unsound to do so. **We cannot perform surgery if you do not have a driver.**
- 10. Eat your regular meal, breakfast, or lunch, before coming to surgery.**

11. Please take your daily medications before you come to the office, unless otherwise instructed.

Prophylactic premedication with antibiotics IS NOT REQUIRED before skin surgery, even inpatients whose medical history requires it before dental appointments.

12. Do take a multiple vitamin and mineral supplement for one week before surgery. This will help the wound heal. **Do not take a separate Vitamin E** supplement for one week before surgery; it can cause bleeding.

13. These foods and supplements can increase bleeding and should be avoided 3 days prior to surgery:

- Feverfew
- Ginger
- Garlic
- Gingko
- Ginseng

Also avoid meals with large amounts of garlic for two days prior to surgery.

14. **Do not take any Multivitamin or extra Vitamin C the morning of surgery**; it can reduce the effectiveness of local anesthesia. We recommend taking one-gram daily beginning after the procedure and continue daily for at least one week.

15. Recent evidence indicates **SMOKING** retards wound healing.

16. **PLEASE REFRAIN FROM WEARING PERFUME OR COLOGNE ON THE DAY OF SURGERY.**