



# Pinehurst Medical Clinic

## DERMATOLOGY PRE-SURGICAL INSTRUCTIONS

Please read the following instructions carefully. It is important that you follow these instructions prior to surgery and after surgery. Please contact our office with any questions (910) 235-3330.

### **Medication Instructions Prior to Surgery:**



**Stop** taking the following medications **7 days prior to surgery:**

- Ibuprofen (Motrin, Advil)
- Naproxen (Aleve, Naprosyn)
- Aspirin (unless prescribed by your healthcare provider – Do Not stop aspirin unless your healthcare provider tells you it is safe to do so)
- Goody powders
- Supplements: Fish Oil, Ginko, Vitamin E

**Continue** taking all prescribed medications. You may also take Tylenol or Acetaminophen if needed.

**Notify** your provider the week before your surgery if you are regularly prescribed **antibiotics** prior to procedures. **Call** the clinic prior to surgery if you have a known **allergy to Lidocaine**.

### **On the Day of Surgery:**

- Take a shower the morning of your surgery as you will be unable to shower for 24 hours after the surgery.
- Be sure to eat breakfast.
- Wear something warm and comfortable.
- Your surgery will take 45-60 minutes.

### **After Surgery:**

- The surgical site will be numb for 3 to 4 hours after the procedure. You should limit tension to the site as much as possible during this time, as you will not be able to feel the tugging sensation.
- You will leave the dressing on for 24 hours, please follow the provided wound care instructions.
- You will have two sets of sutures placed for closure, one external which will be removed in 10-14 days, and one internal which will dissolve on their own in 4-6 weeks.
- You will need to limit your activity for 4 weeks after the procedure. This includes any pulling, pushing, lifting, or swinging motions.
- You should not perform any activities that raise the heart rate for 2 days following the procedure.
- Be cautious of any motions that put tension on the surgical site. A good way to practice is to perform motions that activate the surrounding muscles- if the muscles tighten, then you can expect to need to limit motion in this area.
- You should not travel from the local area until after the sutures are removed.
- You will be provided with more information about submerging the site in water after your suture removal. Do not submerge the area until you've discussed with a nurse at the suture removal appointment.

## Wound Cleaning Instructions

Proper cleansing and care of your biopsy, excision, or ED&C site is imperative for healing and infection prevention. Please follow these steps when caring for your site at home. If you have any concerns, questions, or issues with caring for your site at home, please call the clinic at 910-235-3330 and request a nurse visit. We will be happy to help in any way we can!

1. Remove the old dressing by lifting the edges of the dressing and gently removing it while supporting the surrounding skin.
2. The dressing may have some blood or drainage on it. This would be expected and is not alarming. If you have bled through the dressing or the drainage has a foul smell, please call the clinic.
3. Wash your hands, and then wash the site with a mild cleanser. Don't scrub too hard and wash the area directly over the procedure BEFORE washing the surrounding area. If you're changing your dressing in the shower, wash this area AFTER you've washed the rest of the body.
4. Pat the area dry, ensure that it is completely dry before moving onto the next step.
5. Apply a layer of Vaseline to the area using a Q-tip. Be sure that the Vaseline you're using is not a jar that you or a family member has ever used by placing a finger in the jar. Be sure to use plenty of Vaseline and keep the area covered with a bandage.
6. Be sure not to allow the wound area to become dry or scabbed; scabbed wounds do not heal. It is not necessary to let the wound breathe or dry out.
7. It is also important that a new Q-tip is used to apply Vaseline to different sites; for example, if you have a biopsy site on your arm and one on your leg you would need to use a different Q-tip on each one.
8. Apply the bandage over the Vaseline. Be sure to avoid touching the gauze part of the dressing. If you're able to, you can change the direction of the bandage with every dressing change- for instance vertical to horizontal. This can help decrease some of the irritation some people experience with bandages.

Please do not use: Neosporin, Polysporin, or any other over the counter or previously prescribed antibiotic ointment to the site unless directed by your Dermatologist.

\*If you have continuous bleeding, hold firm, direct continuous pressure for 20 minutes.

If you have stitches:

- Avoid activity that raises your heart rate for the first 48 hours after the procedure to limit bleeding.
- Avoid moving/stretching of the skin at the incision site for two weeks.
- After the sutures are removed the skin will still not be fully healed, so you will need to continue to be careful.
- If you have deep, dissolvable sutures, they begin to dissolve at 4-6 weeks. You may notice some redness or even a white suture coming out of the skin. Do not pull on this, it will either come out or break down on its own.
- If you have excessive drainage or pain, contact the clinic.