

EXCISION REMINDERS

This procedure typically takes 30-45 minutes. The surgery site will be numbed locally. The surgeon will remove the piece of tissue, which is then sent to the pathologist to check for clear margins. The area will then be closed with sutures. The sutures will generally be removed by a nurse in our office within 7-14 days.

On the day of the surgery, please follow these guidelines:

- o You may eat breakfast
- o We recommend NO caffeine the morning of the procedure (decaffeinated coffee is fine)
- o No alcoholic beverages 24-48 hours prior to the procedure

Please stop any blood thinners prior to the surgery, ***ONLY*** after it has been cleared to do so with the physician that prescribed the blood thinner. Examples: Aspirin, Plavix, anti-inflammatories (Aleve, Motrin, Ibuprofen) and arthritis medications all need to be stopped ***1 week prior to the surgery***.

Coumadin should be stopped ***3 days prior to the surgery***. It is ok to continue Tylenol.

Please discontinue use of Vitamin E and/or Fish Oil at least ***1 week prior to surgery***, as it can thin the blood. You may continue to take a multi-vitamin.

Medications will be called in to your pharmacy prior to the surgery. The nurse will call and notify you when this has been done so that you may pick them up. There may be an oral antibiotic, antibiotic ointment and pain medication. All medications will have instructions on the bottle. Not all procedures require the antibiotic ointment. The oral antibiotic is to help prevent infection. The antibiotic ointment is for staph bacteria that many people carry in their nose. You will need to put a small amount of the ointment on a Q-tip and then put the medication just inside the tip of your nose. This should be started 3 days prior to your surgery.

The mild pain medication should only be taken after the surgery, as needed. You may also take Tylenol.

Please do not apply ointments, lotions or cosmetics to the area on which the procedure will be done.

Your comfort and the successful outcome of your procedure are always our top priority. This is why much planning and preparation precedes every surgery the doctor performs. We allocate a significant portion of our schedule exclusively for your procedure. As such, we ask that you make every effort to keep your appointment as scheduled and to be on time. If you have to cancel or reschedule your appointment, please give us the courtesy of 48 hours' notice, so that we can accommodate other patients.

If you have any questions about your upcoming excision, please call us at (865)233-7351 and ask to speak with a nurse who will be happy to assist you.