



T E X A S
DERMATOLOGY
& SKIN CANCER
C E N T E R

3142 Horizon Road, Suite 201

Rockwall, Texas 75032

Phone: 469-757-4410 Fax: 469-277-3911

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Pre-Operative Instructions

The following instructions and checklist are provided in order to help you be prepared for your surgery. Please bring your insurance cards, medication list, and any other information requested in the preoperative instructions below.

- Please do **not** take any aspirin, aspirin containing products or Ibuprofen (Advil, Motrin) 7 days prior to your surgery (these products increase the bleeding during the procedure). If you have been placed on these products on the recommendation of your doctor please contact him/her prior to you discontinuing the medicine for their approval. **VERY IMPORTANT:** if you take aspirin because you have had a stroke or heart attack, please continue your aspirin.
- If you are on Coumadin or Plavix please check with your doctor to see if you can stop it or lower the dose a few days before the surgery. It is not absolutely necessary to stop this medications.
- Certain herbal medications can increase your risk for bleeding during surgery. Please stop taking garlic, ginkgo, ginseng and ginger at least 72 hours prior to your surgery.
- If you need pain medicine you may take Tylenol.
- If you smoke your surgery site will heal better if you discontinue smoking for 48 hours prior to the procedure and during the recovery period.
- No Alcohol 24 hours prior to the surgery and 24 hours after...sorry, it makes you bleed easier.
- You do not have to fast prior to surgery. Please enjoy a normal breakfast or lunch before coming to the office. Since the procedure is likely to take a number of hours it is a good idea to bring a snack.



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- Please cancel all activities for the day of surgery and possibly longer. You will receive postoperative instructions about how to care for your surgery site before you leave our office.
- Please check your medications and bring a list of all medications you are taking unless you have written the list of your medications on the medical history form.
- Please arrive 15 minutes **prior** to your scheduled surgery time.
- Notify your physician if you have a pacemaker or intracardiac defibrillator.
- The duration of your visit will depend on the extent and complexity of your skin cancer. For early morning appointments, we ask that you plan to be at our office until approximately lunchtime. For late morning appointments, we ask that you plan to be in our office through the early afternoon. However, this does not mean that you will be in surgery the entire time. After surgical removal, we process the tissue in the lab, which takes at least one hour. At that time the tissue will be analyzed, and if the margins show no remaining cancer, the necessary means to repair the area will take place. However, if the tissue shows roots of cancer extending through the margin, a second layer will be taken to be analyzed. This process takes place repeatedly until all the margins are cleared. This method is performed to assure that all the cancer cells are removed, so there is less chance of any recurrence.
- Please give 48 hours notice for change in time of surgery.