

## **DR. SALUJA'S SURGERY INSTRUCTIONS**

Skin procedures are performed in the office with a local anesthetic. They typically last under an hour. You can eat normally prior to the surgery. Most patients do not need medication to help them relax, however if you feel that you do, ask prior to your appointment date. If you take this medication, you will need a driver. You can also bring a CD with you to listen to help relax. Do **NOT** apply makeup on the day of head or neck surgery. Do **NOT** schedule other obligations on the day of your procedure. Remain in or near town for the following week unless discussed in advance. **Warning:** You may not be able to exercise (golf, tennis, yardwork, etc.) for up to **2** weeks after the procedure.

### **DR. SALUJA'S PRE-PROCEDURE CHECKLIST**

*Please read carefully*

- ❑ Discontinue **aspirin and Plavix** for **7** days prior to surgery unless you have had a stroke or a heart attack within the past year. Then, continue. If you have a stent, continue. If you are unsure what to do, check with your prescribing doctor before stopping your medication. You may resume these **2** days after surgery. **\*\*If you cannot reach your doctor or cannot stop your medication due to your health condition, continue it and call to inform us.**
- ❑ If you are on **Coumadin**, continue it — However, an INR needs to be drawn at the lab within **3** days prior to surgery and the results sent to us. The INR should be under **3.5** for us to proceed.
- ❑ Discontinue **vitamin E, fish oil, any herbal products or health store supplements** for **7** days prior to surgery. Discontinue **Motrin (ibuprofen), Advil, Aleve, and other anti-inflammatory drugs** often used for headaches or arthritis for **2** days prior to surgery. You may resume these after surgery. You may take Tylenol (acetaminophen) for pain.
- ❑ Stop **alcoholic beverages 2** days before surgery to decrease risk of bleeding. Reduce or stop **smoking** as this slows wound healing.
- ❑ Most skin procedures do not require prior antibiotics, even if you have heart valve problems or artificial parts in your body. The nurse or doctor will advise you if antibiotics are required.
- ❑ Since skin infections with Staphylococcus are a possible complication, to decrease your risk (though it is low), you can wash your skin with Hibiclens cleanser or Betadine for 2 days prior to surgery and the morning of surgery. This is especially recommended for leg sites or if your immunity is compromised.
- ❑ If you have a pacemaker or defibrillator or if you're allergic to local anesthetics, iodine, latex, topical antibiotics, or adhesive bandages, please inform us.
- ❑ Please call the office at **(321) 242-8790 Ext. 208** with any further questions.

## **DR. SALUJA'S POST-PROCEDURE WOUND CARE INSTRUCTIONS**

- ❑ After surgery, go home and take it easy. Leave the original bandage on for 48 hours.
- ❑ Ice is helpful to reduce discomfort and swelling. Use it for 10 minutes, 2 to 4 times a day for the first 24 hours. For pain, two Tylenol (acetaminophen) tablets every 4 to 6 hours are usually sufficient. The doctor may prescribe a stronger medication if needed.
- ❑ **Wound care:** Wash your hands first. Apply a layer of antibiotic ointment (such as Neosporin or triple antibiotic ointment) or Vaseline jelly to the wound daily. Use a new or relatively new tube of antibiotic ointment or Vaseline. Cover with a fresh non-stick bandage, if possible. If cannot cover, use ointment three to four times daily. \*If skin strips are covering the wound, apply over the strips. The strips will fall off by themselves in 5-10 days. \*\*Liquid bandaid is an alternative; follow directions on box.
- ❑ It is okay to shower regularly without a bandage on the wound after the original bandage is off. Avoid swimming until the stitches are removed or until the skin heals over.
- ❑ Avoid aspirin and other nonsteroidal anti-inflammatory medications often used for pain for 48 hours to decrease bleeding risk. You can restart any medications you may have stopped 48 hours after surgery.
- ❑ Avoid strenuous exercise, especially weightlifting, in the area of the surgery for two to three weeks after surgery. Exercise can cause increased bleeding and more scarring. Walking is okay. Ask the doctor regarding specific types of exercise.
- ❑ If bleeding occurs, sit still and apply firm continuous pressure to the area for 30 minutes. Do not check during this time. If after this, there is still bleeding, call our office.
- ❑ It is normal for there to be some swelling, tenderness, and redness around the wound for the first few days. If there is increasing swelling, redness, or pain, or if there is pus draining from the wound, call our office.

### **Facial Sites:**

- ❑ While sleeping, keep your head elevated with extra pillows for the first night, and avoid sleeping on the side of your body on which you had surgery.
- ❑ Bruising or swelling may occur around the surgery site, especially around the eyes, and will eventually fade. To minimize this, avoid heavy lifting or straining.

**A Special Note on Scars:** Mild redness and firmness of scars often persists for several months. Scars take up to 6-12 months to completely heal. Protect from sun to minimize any color change. If a scar becomes raised, very itchy, or painful, call our office.