



905 Squalicum Way, Suite 101  
Bellingham, WA 98225  
360.676.1470

Appointment Date/Check in time \_\_\_\_\_

**PATIENTS MUST ARRIVE BY THEIR CHECK IN TIME TO PREPARE FOR SURGERY**

Dear \_\_\_\_\_,

This letter confirms your upcoming surgery appointment with  
\_\_\_\_\_

**Preparing for Your Upcoming Surgery Visit**

Outpatient skin surgery is something we do on a routine basis, but it may be a new experience for you and no procedure is without some risk. To help the process go smoothly and to achieve the best surgical outcomes possible we have provided the following guidance to help you prepare for your procedure.

**PACEMAKERS AND DEFIBRILLATORS:** Notify the schedulers and clinical team if you have a pacemaker or defibrillator prior to your procedure.

**BLOOD THINNERS AND MEDICATIONS:** Continue all regular prescription medications. This includes blood thinners such as warfarin (Coumadin), Plavix, Xarelto, Pradaxa and Eliquis. We do not recommend that you stop your prescription blood thinners prior to outpatient dermatology surgery. If you are on warfarin, please have your INR checked 1 week prior to your procedure to ensure your level is below 3.5. If your level is higher than 3.5, please let our office know. You may need to delay your surgery until your INR is in a more appropriate range for surgery.

If you take aspirin because you have had a stroke, TIA, heart attack, heart disease or other medical condition in which your physician has recommended you take it continue your aspirin.

If you simply take aspirin for overall heart health and prevention but have not been recommended to take this medication by your physician because of a medical condition, stop your aspirin 2 weeks prior to your surgery and for 2 days after your surgery.

**SUPPLEMENTS:** Discontinue supplements such as Fish oil, garlic, ginger, ginkgo, ginseng, feverfew, licorice and danshen 1 week prior to your procedure.

**ALCOHOL:** Avoid Alcohol 24 hours prior to procedure. Alcohol may increase risk of bleeding.

**SPECIAL EVENTS & SCHEDULING:**

Surgical sites may have some swelling or bruising, and surgical dressings may be bulky and visible. If you have an important event planned where the visibility of your surgical site may matter keep this in mind when scheduling.

**EXERCISE & ACTIVITY**

To reduce the risk of post-operative bleeding avoid aerobic exercise and strenuous activity for 1 week after your procedure. Heavy lifting (more than 5-10 lbs.), weight bearing exercise and exercise that puts strain or tension on the surgical site should be avoided for at least 2-4 weeks after your procedure. It takes 3 months for the surgical wound to finish healing, so for the best cosmetic results it is important to avoid excess tension on the area for as long as possible. Early strain on the surgical scar could cause it to stretch and widen. In addition, swimming, and soaking in bathtubs and hot tubs should be avoided while sutures are in place.

**BODY HAIR:**

If your surgery is in an area of the body with thick body hair such as the arms, back or chest please use clippers (not a razor) to trim the hair in the area around the surgical site. This will make it easier to adhere your bandage. If you do not have clippers, leave the trimming to us at the time of your procedure.

**THE DAY OF:**

- On the day of your surgery shower before your visit and wash the surgical site with soap and water.
- If your surgery is on your face do not apply cosmetics on the day of your procedure.
- Eat a good meal prior to your surgery.
- Wear loose fitting clothing that is easy to change in and out of and can be pulled over your surgical dressing. If your surgical site is on your upper body a button-down shirt would be a good choice.

**POST OPERATIVE SUPPLIES**

Consider purchasing bandages and post-operative supplies ahead of time. Some good examples are paper tape, nonstick telfa pads, an unmedicated ointment such as

Vaseline or Aquaphor, ice packs, Extra strength Tylenol (acetaminophen). We do have some bandage kits available for purchase at the office as well.

**TRAVEL PLANS:**

Most sutures are removed 12-14 days after surgery on the body & 5-7 days after surgery on the face. Please account for this if making travel plans after your surgery.

Our team is looking forward to your upcoming visit and will do everything we can to make it as comfortable and successful as possible.