



Department of Dermatology
99 Montecillo Road
San Rafael, CA 94903
415-444-2939

Minor Surgery

Appointment Date: _____ Time: _____

Physician: _____

Note: To cancel, reschedule or for advice, please call 415-444-2939

Instructions Before Skin Surgery

Your skin surgery will be performed here in the clinic in a room fully equipped for minor surgery. A local anesthetic injected into the skin will keep you comfortable throughout the procedure. Most procedures take less than an hour. **We recommend that you eat a light meal before your procedure and you may eat normally afterwards.** To minimize bleeding, do not take aspirin (Anacin, Bufferin) or Ibuprofen (Motrin, Advil, or Aleve) or other related medications for 7-10 days before your procedure. If you have heart problems or have had a stroke, please call your primary care physician to see if it is safe to stop aspirin. If you are taking Coumadin or Warfarin, please inform the Coumadin clinic or your primary care physician that you are having an outpatient surgery—your dose may need to be changed. Please feel free to take Tylenol (acetaminophen). Please call us if you become ill anytime during the week before your surgery. This would include fever of 101°F, severe sore throat, or cold sores on facial areas.

Tell us if any of these apply to you:

- Bleeding problems
- Blood thinning medications
- Fainting easily
- Heart trouble
- Seizures
- Problems during surgical or dental procedures
- Allergic to a local anesthetic or topical antiseptic solutions
- Hospitalized in the past three months
- Pregnant
- Keloids (raised scars)

Afterwards

There is usually little discomfort after the anesthetic wears off. Take Tylenol (acetaminophen) if necessary.

We do the surgery but your body must heal the wound. There will be a scar and proper wound care can help minimize the scar. Keep your bandage intact and out of water for 24 to 48 hour; then remove the gauze (leaving in place any small strips or Steri-Strips) that may have been placed directly across the wound. Clean the wound daily—gently—while bathing. Then apply an antibacterial ointment such as Polysporin or Aquaphore Healing Ointment before covering the wound with a small bandage.

Wound infections are uncommon and usually easy to treat if recognized early. Notify us immediately if you develop fever, pus, pain, redness, or swelling. Call the Department at 415-444-2939 and arrange to come in that day. On weekends, go to your Emergency Department. If in doubt about the condition of your wound, don't hesitate to phone.

Bleeding is also uncommon. If it occurs, just remove the bandage and hold gauze directly on the bleeding site—with pressure—continuously for 10 minutes or longer. If it doesn't stop, call us or come in.