



Columbia University Medical Center
New York Presbyterian Hospital
Department of Dermatology

Désirée Ratner, M.D.

Director

Unit for Dermatologic Surgery

and Cutaneous Oncology

Mohs Micrographic Surgery

Laser Surgery

Site: _____
Lesion: _____
Size: _____

For an appointment contact

Heather or Veronica

212-305-3625; 9am-5pm

PATIENT INSTRUCTIONS PRIOR TO MOHS SURGERY

1. **DO NOT** take aspirin for ten days prior to surgery and two days after surgery, unless approved by your medical doctor. **If your doctor has requested that you take aspirin or Coumadin**, please let us know so that we may obtain medical clearance from your doctor to authorize discontinuation of these medications.
2. You may take Tylenol for any aches or pains before your surgery. Tylenol does not cause bleeding, so that its use is not restricted.
3. **DO NOT** take Motrin, Ibuprofen or any over-the-counter medications listed on accompanying sheet **five days** prior to surgery and should not be resumed until **two days** after surgery. If you have any questions about what medications you may take, please ask the doctor. Like aspirin, these medications may cause increased bleeding both during and after surgery. We would like to reduce the risk of bleeding, swelling and other complications after surgery as much as possible.
4. Avoid alcohol for two days prior to and two days after surgery.
5. **A NOTE ON SMOKING:** Smoking can significantly affect the outcome of your procedure. Please be aware that the long term effects of smoking cause a narrowing of the small arterial blood vessels that traverse the skin. This decreases the circulation of the tissues of the skin and makes it necessary for the surgeon to be more conservative in any surgical procedure. Smoking near the time of surgery causes a further acute narrowing the blood vessels, which may cause ischemia, of the tissue, poor healing, bad scars, or actual loss of tissue.
6. **Prior to surgery, please purchase the following items in order to care for your surgical wound properly.**
 - a. Hydrogen peroxide solution
 - b. Cotton swabs (such as Q-tips).
 - c. Bacitracin or Polysporin antibiotic ointment only.
 - d. Telfa pads (or any non-stick dressing).
 - e. Paper tape.

- f. Gauze pads - 3"x 3"**
 - g. Ice pack**
7. Be aware that you may not bend, lift or exercise for at least two weeks following your procedure. We also ask that you refrain from cleaning the house or apartment, lifting heavy grocery bags, and other heavy chores. Please make arrangements for assistance during the post-operative period.
 8. Prior to surgery, please fill any prescriptions that may have been given to you by Dr. Ratner. If you have had a replacement heart valve or artificial joint, you will most likely require antibiotics prior to your procedure.
 9. If your surgery is on the face, please do not wear any make-up or moisturizer on the day of your surgery.

If you have any questions prior to surgery, please call the office at (212)305-3625.

ASPIRIN: General Information

ANALGESICS

Advil	Empirin tablets
Aleve	Excedrin tablets and caplets
Alka- Seltzer Effervescent tablets	Gemnisyn tablets
Anacin tablets and caplets	Gensan tablets
Anacin Maximum Strength tablets	Magnaprin tablets
Anodynos tablets	Maximum Bayer Aspirin
Arthritis Pain Formula caplets	Maximum Ecotrin tablets
Arthropan liquid	Midol caplets
Ascriptin Regular Strength tablets	Mobigestic tablets
Ascriptin A/D caplets	Momentum caplets
Ascriptin Extra Strength caplets	Nuprin
Aspergum Gum tablets	P.A.C tablets
Bayer Genuine Aspirin tablets & caplets	Pabalate Enteric Coated tablets
Bayer Therapy caplets	Pain Reliever tablets
Bayer Children's Aspirin tablets	Percodan
BC tablets and powder	Phenetron compound tablets
Bufferin Extra Strength tablets	Presalint tablets
Buffets II tablets	Quiet World tablets
Buffex tablets	Rhinocaps capsules
Cama Arthritis Pain Reliever tablets	S-A-C tablets
Cope tablets	Saletto tablets
Dasin capsules	Salocol tablets
Doan's Extra Strength caplets	Sineoff Sinus Medicine tablets
Doan's original caplets	Tri-Buffered Bufferin tablets
Duradyne tablets	Trigesic tablets
Ecotrin tablets	Ursinus Inlay tablets
8 Hour Bayer caplets	

ANTACIDS/ LAXATIVES

Pepto-Bismol Tablets
Pepto-Bismol Suspension

COUGH/ COLD /ALLERGY

Alka-Seltzer Plus Night-Time
Alka-Seltzer Plus Cold Tablets
Alka-Seltzer Plus Sinus Allergy

Please Note: This list does not include all items. Refer to specific product literature when in doubt.

* Products are sugar free

HERBAL AND VITAMIN SUPPLEMENTS

The following supplements may increase your risk for bleeding and should **NOT** be taken for **10 days before surgery and 2 days after.**

- Vitamin E (400 IU or more)
- Garlic (ajo)
- Ginkgo (duck foot tree, maidenhair, silver apricot)
- Ginseng
- Ephedra (ma huang) should also be avoided as it may change the effect of the anesthesia.

DAY OF MOHS SURGERY

THINGS TO REMEMBER

1. Be prepared to spend the entire day with us. (Minimum stay is 3 hours; however, sometimes you may be required to stay until the evening.)
2. You may take all regular medications other than aspirin and aspirin products as usual.
3. Eat breakfast.
4. Bring lunch. We have a refrigerator for your use.
5. Wear comfortable clothing. If your surgery is on the face or chest, wear clothes that fit loosely around the neck. (ex. V-neck or button down shirts)
6. Do not make plans that require an exact time of attendance for the day or evening
7. Bring something with you to help pass the time. (ex. Books, newspapers ipod, knitting, paperwork, etc.)
8. Try to Relax!!