

Rebecca M. Jones, M.D., LLC.

*Dermatology*

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We will call to confirm your appointment one week in advance and we will clarify the location with you at that time.

### PRE-OPERATIVE INSTRUCTIONS

Your skin surgery will be a simple outpatient procedure but often takes more out of you than you would think. It will take approximately one hour. If you are nervous or apprehensive about having this procedure done, please notify us and we can give you a prescription for a mild sedative to be taken prior to the procedure. If a sedative is given, it is absolutely **ESSENTIAL** that you have someone to drive you to and from your appointment, as sedatives WILL cause drowsiness. If a driver does not accompany you, the surgical procedure will be rescheduled. Your surgery is performed under local anesthetic, using Lidocaine with Epinephrine. Epinephrine is Adrenaline and is used to control bleeding, as well as to prolong the action of the Lidocaine.

After and during surgery, it is possible that you may feel shaky, jittery and notice an increased heart rate. Dizziness and/or lightheadedness are also possible. These symptoms should subside shortly after the procedure. Because of this, it is recommended that you bring someone with you to drive in case you are not feeling well. If you have had epinephrine in the past and are sensitive or allergic to it, please let us know at the time of surgery. It will also be helpful to let us know whether you bleed easily, faint easily or require antibiotic before surgical procedures.

**DO NOT stop taking ANY prescription medications unless directed to do so by your doctor.** Please be prompt for your appointment. We will try to do the same. **If you need to cancel your appointment, please let us know at least 24 hours in advance so that we may give this time to another patient.**

### **AFTER YOUR SURGERY:**

In most cases, sutures will be used and will have to be removed as directed by the doctor.

To prevent bleeding, discomfort or other complications please avoid strenuous activity and keep your wound elevated as much as possible. **Ice, elevate and rest.** Depending on the location and extent of surgery, you may wish to take a few days off from work. Please **avoid strenuous activity as long as the sutures are intact**, which can be anywhere from 1-2 weeks depending on the area being treated. NO heavy lifting, bending or exercising. If you have any questions regarding your activity please ask your doctor.

There will be a bulky pressure dressing on your wound to prevent bleeding, which may interfere with driving if the surgery is done on the face or head. It is important that the dressing remain intact for 24-48 hours, or as directed by the doctor or nurse. You will be given detailed verbal and written instructions regarding wound care at the time of your surgery. If you have any questions, please do not hesitate to contact us at 800-994-0504 or 802-251-0958.