

Carolina Skin Surgery Center Monthly Newsletter

August

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Edition 30

Pain, Pain go away!

Tips for controlling post-surgical discomfort.

One of the most common questions asked is... How bad is this going to hurt? The bad news is that some pain is an inevitable companion to most types of surgery. The good news is that there are many highly effective medications to keep post-surgical pain under control. In addition to the benefit of greater comfort, experts agree that well-controlled pain can speed up recovery and prevent long-term problems.

Often over-the-counter medications such as extra strength Tylenol and Motrin can provide the relief needed to control the pain. For some patients, prescription pain medication may be prescribed if medically necessary. The key is to start taking pain medications as soon as possible after the surgery and not waiting for the pain to become unbearable.

So... yes, do expect some pain or discomfort after surgery but please don't try to be a superhero and suffer unnecessarily when there are things that can be done to make you more comfortable.

CSSC Word Search

D P C E R T I F I E D P
Q D X V Z T F Y J M V C
F O O Y T R Y R T N V C
C C B E S O V A E C Z H
S T I T U F U S A R V E
A O R A G M F R M M R O
M R T R U O T E Q Q T J
S Y H B A C I V A O A W
R I D E C P S I L L M C
A V A L S H D N C R D V
E Q Y E S E L N R D U L
Y E S C C Q I A M U R E

Words to find:

anniversary
august
birthdays
celebrate
certified

comfort
cssc
doctor
team
years

Announcements for August:

- Tuesday, August 2nd is April's 10 year anniversary with CSSC!
- Thursday, August 4th is Chiffon's 2 year anniversary with CSSC!
- Saturday, August 20th is April's birthday!
- Saturday, August 27th is Cathy's birthday!

We have a lot to celebrate in August! ☺



CAROLINA SKIN SURGERY CENTER

"Treating Skin Cancer; Specializing in You"

About Dr. Carruth:

Dr. Marc R. Carruth is the Director of Carolina Skin Surgery Center. Dr. Carruth received his M.D. degree from Duke University where he graduated with highest honors in 1993 and was inducted into the Alpha Omega Alpha Medical Honor Society. He was awarded a Howard Hughes Medical Institute fellowship at the National Institutes of Health.

Dr. Carruth completed his internship in Internal Medicine at Harvard, Brigham and Women's Hospital in Boston, Massachusetts and a Dermatology residency at Emory University in Atlanta, Georgia where he was chief resident. Dr. Carruth completed his Mohs Micrographic and Dermatologic Surgery fellowship at Baptist Hospital in Kansas City, MO.

Dr. Carruth is known for his personable bedside manner and has been providing excellent care to patients in the Charlotte region since 1997. He has performed thousands of Mohs micrographic procedures during his tenure.

Meet the Team:

Administrative Assistant: **Sandy** - She always has a smile on her face and is willing to help anyone. Sandy has been a part of the team since April of 2010.

Billing Specialist: **Cathy** – Understanding health insurance can be overwhelming, but Cathy is always willing to call and verify benefits and then explain them to you as simply as possible. Cathy has been a part of the team since December of 2008.

Surgery Coordinator / Certified Clinical Medical Assistant: **Ashley** – She assists Dr. Carruth procedures and also handles the surgery scheduling. If you have had Mohs surgery then you have probably spoken with her! Ashley has been a part of the team since May of 2011.

Registered Medical Assistant / Lab Technician: **Jackie** – She assists Dr. Carruth with procedures and also helps process the tissue in the lab for Mohs Surgery. Jackie has been a part of the team since October of 2008.

Certified Surgical Technician: **Cynthia** – She assists Dr. Carruth with procedures and has been a part of the team since September of 2009.

Certified Clinical Medical Assistant / Surgery Coordinator: **Chiffon** – She assists Dr. Carruth with procedures and handles surgery scheduling. She has been a part of the team since August of 2014.

Certified Clinical Medical Assistant / Lab Technician: **Lynn** – She assists Dr. Carruth with procedures and also helps process the tissue in the lab for Mohs Surgery. Lynn has been a part of the team since July of 2015.

Office Manager / Certified Medical Practice Executive/ Certified Professional Coder / Certified Physician Practice Manager: **April** has been a part of the team since August of 2006. Please let her know if you have any suggestions or comments – we encourage feedback and are always willing to learn and improve.

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