

What to Expect with an Excision

- **When scheduling your surgery appointment:**
 - Plan to **stay in town for at least one week** after surgery for your safety, to remove sutures if needed, and to prevent or manage potential post-operative complications.
 - Do not schedule important social or business activities such as weddings, family pictures, business trips or presentations for at least 2 weeks after surgery due to potential of swelling and bruising.
 - **Plan to take the day off from work.** If you feel up to it, you may return the next day. In certain situations, especially when your surgery is on the nose, eyelids or lips, you may need more time off. This is on a case by case basis. We are happy to provide you with a work excuse form at the time of your visit if needed.
- **On the day of your surgery:**
 - **Continue to take ALL medications** as prescribed unless otherwise directed by the doctor.
 - If taking Coumadin, you will need your INR checked 5 to 7 days before surgery and have the result faxed to 704-295-0005. You should **NOT** stop taking Coumadin or other blood thinners.
 - Eat breakfast/lunch as you normally do. There are no pre-operative dietary restrictions.
 - Avoid using creams, lotions, or makeup on the area.
 - Wear comfortable, casual clothing. This should be a two-piece outfit (pants/shirt or skirt/blouse) rather than a dress.
 - In some cases a driver is recommended to transport you home after the surgery appointment (Uber or Taxi are okay). This is on a case by case basis so please discuss with us.
- **During your surgery appointment:**
 - Plan to spend at least 1.5 hours at our office on the day of your procedure.
 - We have Wi-Fi at the office. Please feel free to bring laptops, books, etc. to help pass the time.
 - If you have more than one surgery site, please understand we will need to evaluate the areas before determining if both can be treated the same day for your safety and for optimal wound healing.
- **After surgery:**
 - You should go home and rest after the procedure and not have any other plans for the day (i.e.: work, doctor's appointments, meetings, shopping, lunch, dinner, etc.).
 - Follow the written instructions on the post-operative wound care sheet we give you.
 - Limit physical activity after the procedure (i.e.: exercising, yard work, walking, bending, etc.) and avoid heavy lifting (anything over 10 pounds) for **at least 2 days** to minimize post-operative bleeding.
 - If the location is on the trunk or extremities you may need to limit activities such as golf and tennis for one month after the surgery to prevent the surgery site from opening back up.
 - You should expect a scar after the procedure. Scarring is something that slowly improves. Our goal is to minimize the scar appearance over time. Usually scars significantly improve within 6-8 months after the surgery. Before and after pictures are available on our website. After reviewing the photos, if you have concerns about the appearance or how we will repair your wound, you should schedule an in-person consultation prior to your surgery.

Please read this form carefully and sign that you understand the instructions for surgery. If you have any questions, please visit our website www.carolinaskinsurgery.com or call the surgery coordinator at 704-295-0000.

Patient signature: _____ **Date:** _____