

Dermatology & Cosmetic Surgery Center, PC

100 North Wren Drive • Pittsburgh, PA 15243 • Phone (412) 429-0276 • Fax (412) 429-2575

Office Hours: Monday - Friday 7AM – 12PM and 1PM – 4PM

We are pleased that you have chosen the Dermatology and Cosmetic Center for your surgical procedure. Our goal is to provide you with superior treatment in a safe and caring environment. The surgery center is fully equipped with state of the art technology and equipment and a highly trained, specialized staff. We adhere to the exacting standards of Medicare, and our staff keeps abreast of changing technology and requirements.

- Please arrive 15 minutes prior to your appointment time.
- If possible, take a photo now of your recent biopsy site with your cell phone or digital camera and bring the image with you to your surgery appointment.

Our staff is available to answer any questions or concerns you have prior to your surgery. Call during our office hours (7:00am-3:45pm) Monday through Friday at 412-429-0276.

Before Your Scheduled Surgery:

- If you smoke, decrease or cease smoking for 2 weeks prior to your surgery.
- Do not drink alcohol 2 days prior to your surgery.
- If your physician recommends that you take antibiotics prior to surgical procedures, inform your doctor, and take the antibiotics 1 hour prior to your scheduled surgery time.
- Avoid non-steroidal anti-inflammatory drugs (ibuprofen, Advil®, Motrin®, Aleve®, Celebrex®) or aspirin for 2 weeks prior to your surgery, unless these medications are prescribed by your physician for a specific medical condition.
- **If you are on Warfarin (Coumadin®), Plavix® or other blood-thinning prescription medications prescribed for a serious medical condition, then continue taking these medications. Do not discontinue them unless instructed by your physician.**

The Day of your Scheduled Surgery:

- Eat a good breakfast.
- Take all of your regular medications unless otherwise directed by your physician.
- Wear comfortable clothing.
- Report at the appointed time of your surgery.
- Your surgery will be under local anesthesia. You should be able to drive yourself to and from the office, unless otherwise told.

You may bring snacks and beverages with you to the office.

What To Expect After Your Surgery:**Swelling and Redness:**

It is normal to have some swelling and redness around the wound site after surgery. We recommend applying ice around the surgical site to decrease the swelling and help with any discomfort. Ice should be applied every hour, for 20 minutes on, 40 minutes off, until bedtime the day of the surgery.

Bleeding:

The night of the surgery, there may be a small amount of drainage from the wound, especially on areas of the scalp, nose, forehead, and cheeks. This should stop by bedtime. If the bleeding seems excessive or does not stop, then:

- 1.) Lie down and apply continuous, direct pressure over the wound dressing for 20 minutes.
 - After 20 minutes, if the bleeding continues, remove the bulky pad and apply direct pressure with a clean folded gauze over the bleeding site for an additional 10 minutes.
 - If the bleeding still has not stopped after two pressure efforts, call the office number or go immediately to the nearest emergency room.

Pain:

You may have mild to moderate pain for a day or two following the procedure. The application of ice to the wound, using the above regimen, will help decrease pain. If the pain is still uncomfortable, we recommend

taking extra-strength Tylenol™ every 4-6 hours. If the pain is not relieved with ice or Tylenol, then a prescription pain medication approved by our physicians can be taken. We do not recommend using aspirin, non-steroid anti-inflammatory drugs (NSAIDS) such as Advil, Aleve, etc., or COX-2 inhibitors (Celebrex, etc.) as these agents may promote bleeding after surgery.

If there still is no relief from the pain with the regular use of pain medication, or if the condition worsens after 3 to 4 days, please contact our office.

Materials for Dressing Your Wound:

A pressure dressing will be placed over your wound the day of surgery. This dressing will remain undisturbed for the first 48 hours after surgery. In addition, do not get the pressure dressing wet for the first 48 hours.

After 48 hours, you may shower with the dressing in place and change the dressing afterwards according to the following directions:

1. Remove the old dressing by soaking with water and discard.
2. Clean the wound gently.
3. Apply the ointment to the wound.
4. Completely cover the wound with gauze or band-aid. Always keep your wound covered unless otherwise stated.

The following materials may be needed after your surgery. We suggest you do not purchase these items until after surgery. The amount of supplies needed depends on the extent of your surgery.

1. Aquaphor® ointment or Vaseline®
2. Gauze pads
3. Telfa® non-stick pads
4. Micropore paper tape

Other Recommendations After Surgery:

Smoking impairs healing of the surgical site. If you smoke, we strongly recommend stopping or significantly decreasing smoking for 2 weeks after your surgery.

Alcohol may increase your propensity to bleed. Do not drink alcohol 2 days prior to or 2 days after your surgery.

Use common sense in terms of heavy lifting or aerobic activity. Ask our surgeons or their staff if there are any restrictions after surgery.

Our staff is available to answer any questions or concerns you have prior to your surgery.

Call during our office hours (7:00am-3:45pm) Monday through Friday at 412-429-0276 or for surgical emergencies after-hours, call the office number and leave your information on our voice mail paging system.