

Associates In Dermatology, PLLC

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Excision Preparation Guide

Preparation:

- Please plan to spend about 2 hours at our office for your excision.
- You may eat regular meals on your day of surgery.
- Please dress comfortably.
- Please bring a list of all medications (including dosage, frequency, and reason for taking each medication).
- Take all medications as normal. If you are on blood thinners do not stop taking them unless specifically instructed. If you are unsure what medication to take, please contact our office for advice.
- Please discontinue the use of Vitamin E and any non-essential "natural" or herbal supplements one week prior to surgery. Many of these supplements are associated with an increased risk of bleeding.

Procedure:

- An excision is a minor surgical procedure that is performed on an outpatient basis in our office.
- Surgical excisions are performed to remove a wide variety of skin lesions ranging from benign growths to skin cancers.
- A margin of normal appearing skin is removed around the lesion to ensure complete removal- narrow margins for benign growths and wider margins for skin cancers.
- We will send the excised tissue for laboratory processing to ensure margins are clear and that the lesion has been completely excised. We will contact you with the laboratory results a few business days following your procedure.
- The resulting wound is typically repaired with sutures. The incision line may be longer than you expect as for the best cosmetic result the final length must usually be three times as long as the diameter of the wound.
- You may wish to review your personal and work schedule for the 1-2 weeks following surgery. The wound will (in most cases) be repaired with sutures once the skin lesion has been removed. We recommend that you limit exercise and heavy lifting (>10lbs) during this period to prevent unnecessary bleeding and to optimize wound healing.

We look forward to making your office visit as pleasant and comfortable as possible. We are here to help, so please feel free to contact our office at (502) 625-2210 with any questions or concerns.

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