



High Plains Dermatology Center, P.A.

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Thank you for scheduling your procedure with us here at High Plains Dermatology center! Please take a few minutes to read through the entire packet **at least 14 days prior to your scheduled surgery date.** Understanding and following all the included pre-operative instructions is very important to having the best possible experience and surgical result. If you have any questions about the packet, please give us a call at (806) 350-3091 at your earliest opportunity.

You should find the following enclosed:

-Pre-operative Instructions

-Post-operative Instructions

We look forward to seeing you for your treatment!

If you are on prescription blood thinners, DO NOT stop taking them prior to surgery. We will take extra precautions to limit any bleeding after surgery.

10 days prior to surgery – Please discontinue any preventative medications or supplements that can have a thinning effect on the blood. This includes ibuprofen, naproxen, fish oil, vitamin E supplements, ginkgo and ginger. Other herbs and supplements can also have a thinning effect on the blood – if in doubt, go ahead and stop these 10 days prior to surgery. Other prescription NSAIDs for pain such as meloxicam should also be avoided, if possible, to avoid increased bruising and bleeding.

The night before or morning of surgery – Please take a thorough bath or shower and wash the area to be operated on with regular soap and water – this helps to avoid infections after surgery. Antibacterial soap is not necessary. Please avoid applying lotion or other cosmetics to the area we will operate on as this can interfere with bandaging after surgery. Please keep in mind that you will be asked to keep the bandage clean and dry for 24 hours after surgery. **If you were prescribed a medication to take prior to surgery, please follow the instructions on the bottle.**

The day of surgery – Please arrive 15 minutes prior to your appointment. Take all your regular medications with the exception of what is listed above. Please eat a good meal – we use local anesthesia only. Bring a sweater if you are cold natured. If you are anxious about driving afterwards or anticipate a bandage that may obstruct your vision, please arrange to have a driver with you, although most of our surgeries do not need this.

You may restart OTC medications 2 days after surgery.

No show policy – If you cannot make your surgery, and do not call and cancel 24 hours prior to your surgery, you will be charged a \$45 “no show” fee. If your surgery is elective/cosmetic that fee is \$100.

Wound care instruction sheet:

The surgery specimen(s) will be sent our Pathologist for evaluation. You will be billed directly by the Pathologist for the evaluation. The report will be sent to Dr. Enos within 1 week, at which time it will be reviewed. You will be notified of the results.

Now that the surgical procedure has been a success, it is very important the post-operative period is accomplished with the same care. The very best results are always a reward for a successful surgery and a carefully monitored healing process, which takes place when you return home. The following guideline will greatly improve the healing process and maximize a good quality scar.

During the first 24 hours after surgery:

- Keep the wound dressing completely dry.
- Do not exert yourself or engage in strenuous activities such as yard or house work, exercise, golf, lifting.
- Spend a quiet day at home reading or watching T.V. and elevate the portion of the body that was operated on as much as possible.
- Refrain from alcoholic beverages, aspirin and ibuprofen products (Bayer, Excedrin, Motrin, Advil)
- Keep the bulky surgical dressing on for 24 hours, and keep it dry. Do not shower until it is removed.
- Apply ice packs (a bag of frozen peas works great) on for 10 minutes and off for 10 minutes, until bedtime.
- Pay attention to potential problems:
 - a. Should bleeding develop, apply direct pressure for 15 minutes. If continues, call Dr. Enos at the number given at time of procedure, please do not text or send photos as this is a private cell phone and calling keeps your information protected. For discomfort you should take two regular Tylenol tablets every four hours as

needed, ibuprofen or other NSAIDs can generally be resumed 72 hours after surgery. If this is ineffective or if the pain becomes more severe, call Dr. Enos.

- b. Bruising is normal, especially in certain areas as around the eyes.

After the first 48 hours:

1. Remove the surgical dressing.

- Clean the site with a mild soap and water. Do not use hydrogen peroxide or alcohol. You may shower, but do not submerge the surgery site in a bath or pool.
- Liberally apply Vaseline from a new container, 2-3 times per day.
- Place a Band-Aid as a protective covering. You won't need to make a bulky dressing like the one you had the day of surgery.
- Repeat your cleaning and dressing changes daily until your sutures are removed.

2. Do not remove the sutures.

You will need a return visit to Dr. Enos in _____ days to have the sutures removed.

If you are closed with Steri-strips “butterfly” strips:

- Wash with soap and water every 24 hours
- Do not apply any ointment or soak the area
- Steri-strips will fall off on their own after 3 – 7 days

Some FYI:

Question:

Why doesn't my doctor recommend Bactroban, or another antibiotic ointment, instead of plain Vaseline, for dressing the wound?

Answer:

Bactroban advertises that it is effective “in vitro” against many bacteria. What you may not know is “in vitro” means “in laboratory.” They further have a disclaimer that their product has no proven clinical efficiency. The bottom line is that antibiotics applied to the surface can't clear or prevent an infection that is in the tissue. Topical antibiotics can however, result in allergic reactions if you become sensitized to them, and they are one of the most common allergies in the United States. Since they offer no clear clinical benefit, and have potential adverse effects, the balance of that equation is to avoid them. It's the petrolatum in them that helps the wound healing process and pure petrolatum is also known as Vaseline. This is why dermatologists the world over often use Vaseline instead of antibiotic ointments.