

Lexington-Waltham Dermatology Group, P.C.
Adult and Pediatric Dermatology
781-862-2322

Pre-excision Instructions:

1. You must avoid aspirin and aspirin containing products one week prior to surgery. (Bufferin, Alka Seltzer, Anacin, Excedrin, Equagesic, Norgesic, Fiorinal, Percodan, Vanquish, etc.) Also avoid non-steroidal anti-inflammatory drugs (Motrin, Ibuprofen, Advil, Nuprin, Clinoril, Naproxin, Trilisate, etc.) Tylenol is OK to take for pain, if needed.
2. You must avoid alcohol for 48 hours prior to surgery
3. On the morning of surgery:
 - Eat normally. Do not skip meals prior to surgery. Have breakfast and lunch if surgery is scheduled in the afternoon.
 - Take your daily medications (except, of course, for aspirin and other medications prohibited above).
 - Wear comfortable loose fitting clothing, but nothing you will need to pull over your head.
 - Wash with soap and shampoo your hair, as your wound and initial dressing will have to remain dry for 24 hours after surgery.
 - Do not wear any cosmetics if you have facial surgery.
4. Once the surgery is completed, wound care instructions will be reviewed with you. You will be leaving with stitches and a bandage. This bandage must remain dry for 24 hours. There may be some bruising or swelling around the stitches which may last up to a week or more.
5. You need to return to have our stitches removed in 1-3 weeks. The physician will determine how much time you will need before the stitches get removed.
6. If you need to cancel your surgical appointment, please let us know as soon as possible so that we may accommodate another patient.

Should you have any questions, please do not hesitate to call (781) 862-2322.