

## Désirée Ratner, M.D., P.C.

115 E. 61st Street, 9<sup>th</sup> Floor

New York, NY 10065

Ph: 212-814-5884

[www.desireeratnermohs.com](http://www.desireeratnermohs.com)

### PATIENT INSTRUCTIONS PRIOR TO SURGERY

#### FOR AN APPOINTMENT:

- Please make an appointment for:
  - Excision:** Time needed:  30 min  45 min  60 min
  
  - Mohs Surgery:** Location: \_\_\_\_\_  
Lesion: \_\_\_\_\_
  
- Call 212-814-5884 on Monday-Friday from 8:00 AM – 6:00 PM
- Appointments may also be requested online at [www.desireeratnermohs.com](http://www.desireeratnermohs.com) after completing registration for your office visits.

#### MEDICATION USE:

- Please take all your normal prescription medications the morning of surgery.
- Tylenol (acetaminophen) use for aches or pains is not restricted
  - Does not cause bleeding.
- Avoid over-the-counter pain medications and supplements that can increase risk of bleeding for 10 days prior to surgery. They may be resumed 2 days after surgery.
  - Examples include:
    - Ibuprofen, Motrin, Advil, Aleve, etc.
    - Aspirin unless prescribed by your medical doctor.
    - Vitamin E, Fish Oil, Gingko, Ginseng, Garlic pills.
- Do not stop taking your prescribed blood thinners.
  - Examples include:
    - Aspirin, Coumadin (warfarin), Pradaxa (dabigatran), Plavix (clopidrogel), Aggrenox
- Please fill any prescriptions that may have been given to you before surgery.

#### EXERCISE RESTRICTIONS:

- Avoid exercise after surgery to optimize healing.
  - Limit aerobic activity, walking, stair climbing, bending, and lifting.
  - Avoid heavy chores such as house cleaning or lifting heavy items.
  - Please make arrangements for post-operative assistance.
  - Exercise may be resumed after:  2 days  2 weeks  3 weeks.

- No dietary restrictions needed. Please eat normally.
- Avoid alcohol intake 2 days prior to surgery and 2 days after surgery.
- If you use tobacco products, reduce, or stop smoking for 1 week before and 1 week after surgery.

#### **ATTIRE:**

- Wear comfortable clothing and shoes.
- Avoid wearing makeup or moisturizer for surgery of the face.
- Please bring cases for any hearing aids or glasses you may have.

#### **LIST OF ITEMS TO PURCHASE PRIOR TO SURGERY:**

1. Hydrogen peroxide solution
2. Cotton swabs (such as Q-tips)
3. Petroleum ointment (such as Vaseline)
4. Any non-stick dressing (such as Telfa pads)
5. Adhesive medical tape (paper or fabric)
6. Ice pack

#### **DAY OF MOHS SURGERY**

- Be prepared to spend the entire day with us. Please do not make plans for the day.
- Please eat normally.
- Take all your medications as usual.
- Please bring lunch and snacks. We have a refrigerator.
- Coffee and water are provided.
- Bring something to help pass the time such as books, newspapers, knitting, electronic devices, etc.
- Public Wi-Fi access is available on the “Welcome to Altchek” network.

#### **IF YOU HAVE ANY QUESTIONS:**

- Please call the office at 212-814-5884.