

Surgical procedures

Below are guidelines to help you prepare for your biopsy or surgical procedure. We hope these will be of value in planning and anticipating the course of healing.

One week prior to the procedure:

Avoid substances that can thin the blood and increase bleeding, for at least 1 week before the procedure and at least 1 day after, unless a physician prescribed them. Common blood thinning products include

- Aspirin
- Advil, Motrin, Naprosyn
- Herbal supplements: garlic, ginkgo, ginger, ginseng, vitamin E, feverfew

Day of the procedure:

Do shower and shampoo before your procedure. You will be able to shower again 24-48 hours after the procedure, depending on the type of procedure. You will not be able to immerse in water (bath, pool, lake/sea) for at least a week after, or longer if sutures are placed.

Do eat before your appointment. You do not need to fast.

Do tell us if you need antibiotic pre-treatment for procedures

Do tell us if you are allergic to any antibiotic, including Neosporin or Bacitracin ointment.

Do tell us if you have a **pacemaker, defibrillator**, or other implanted device.

Do take it easy after the procedure. You may return to work, but note that you will have a bandage in place (so plan the appointment date with professional/social engagements in mind). If your procedure is on the leg or foot, consider driving rather than walking or cycling after the appointment.

After the procedure:

Avoid movements that strain the skin in the surgical area. This includes workouts and heavy lifting, in some instances.

Sutures will be removed in 5-14 days, depending on the body site. Plan your procedure for a date that will allow you to be in town for suture removal