



# Dermatology Associates

## MOHS SURGERY PATIENT CHECKLIST

Surgery Date: \_\_\_\_\_

Time: \_\_\_\_\_

### 1. Prepare for your Mohs surgery:

- Read the surgery instructions and Mohs brochure prior to your surgery appointment.
- Purchase your dressing materials for post-surgery.
  - Band-aids
  - Ointment
  - Medihoney
- Stop over-the-counter vitamins/fish oils/herbals 1 day prior to surgery and on the day of the surgery.
- Take all prescribed medications unless told otherwise.
- Stop taking any form of aspirin 7 days prior to surgery, unless told otherwise (*then you may continue taking them*).
- Consider the activity restrictions after surgery (*i.e. no heavy lifting, exercise – usually one week or more*). If you cannot follow these restrictions, discuss this with your doctor and/or nurse. Your surgery may need to be rescheduled.
- Know where your exact biopsy site is and take a picture of it using your cell phone (*if you have one*).

### 2. Your surgery may last all day (*from morning to evening*).

- Bring all of your medications with you on the day of surgery, including those prescribed *for* your surgery, AND any medications taken during lunch or dinner.
- Bring a small blanket or throw, as the rooms may feel cold. Wear comfortable clothing (*button or zip-up front, avoid pull-over clothing*).
- Bring lunch, snacks, and fluids (*i.e. water, juice, non-alcoholic beverages*). There is no cafeteria in the building, but we can provide coffee and snacks if needed.
- Bring music (*i.e. CD's, iPod*), reading materials, laptop computer, or other items to pass time.
- Bring someone to drive you home (*unless your doctor confirms that you do not need to*). Please limit yourself to 1 companion to allow room for other patients and their family members.

### 3. You will not be able to bathe for 2 days after surgery.

- Shower and shampoo your hair the day before or morning of surgery.

### 4. You do not need to fast, unless you are specifically instructed to.

- Eat a light breakfast.

### 5. On the day of your surgery:

- Arrive 15 minutes earlier than your appointment time.
- Avoid consuming any caffeine on the day of your appointment.
- Remember to take antibiotics if you are instructed to do so.

*If you have any questions and/or concerns, please do not hesitate to contact us:*

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