

Seattle Skin Cancer Center

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PATIENT INSTRUCTIONS FOR SURGERY

Medication & Food:

1. **IF YOU ARE CURRENTLY TAKING BLOOD THINNERS OR ASPIRIN PRESCRIBED BY A DOCTOR PLEASE CONTINUE TAKING THESE MEDICATIONS.**
2. If you are taking any other medication, please list them on the medical history form and inform the doctor or nurse the day of your surgery appointment.
3. If you have a pacemaker or defibrillator, please specify this on your medical history form, and notify the surgical nurse on the day of your surgery.
4. You may eat your normal breakfast on the day of surgery.
5. If you are diabetic, you may bring your own snacks.

Preparation:

6. For two days prior to surgery, it is advisable for you to wash the area with an antibacterial cleanser such as Lever 2000, Dial, or Cetaphil, twice a day. For instance, if the surgery will be on your face, you should wash your entire face with Lever 2000, Dial, or Cetaphil and use no makeup on the surgical site and surrounding area.
7. Wear loose, comfortable clothing.
8. Due to chemical sensitivities, please do not use any perfume or aftershave.
9. **Please call the office a few days before your appointment, if you (or anyone accompanying you to your appointment) are experiencing symptoms of an illness (cold, cough, flu).**

Time & Planning:

10. On some occasions, someone should come with you to drive you home. Sometimes even with a minor procedure, a patient will not feel up to driving after the surgery. If you have any questions regarding this, please contact our office at (207) 215-3300.
11. If your surgery is for treatment of a skin cancer, you should plan to spend time waiting for the laboratory results. This may take most of the day.
12. Sometimes the surgery can be more extensive than anticipated. This is especially true with the surgery involves skin cancers. Therefore, you should plan on the possibility of having to spend all day at the surgery center.
13. Please limit physical activity (e.g.: exercising, golf, gardening, bending over, etc.) for approximately 1 week after your surgery.

Business & Insurance:

14. If you are unable to keep the scheduled surgery, please contact the office and be sure to specify that you need to reschedule your surgery appointment.
15. Please contact your insurance company to determine if you need an authorization or referral prior to surgery. If not obtained, you may be responsible for the payment of the surgery. We do our best to contact your insurance company prior to your appointment but this is not always possible. If you have any questions, please contact our Insurance Benefits & Eligibility Coordinator, Andrea Bauer at (206) 215-3300.

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