



Pre-Operative Instructions

- Avoid Alcohol consumption the week prior to your procedure
- Stop all alternative treatments (Garlic, Ginkgo, Licorice extracts, Fish oil, and Vitamin E doses over 400 units) one week before surgery. It is unknown what effect these substances may have on bleeding and wound healing.
- If you have a history of cold sores (Herpes) in proximity to the area of procedure, please let your doctor know as you should potentially receive prophylactic therapy to avoid an outbreak.
- Stop all topical retinoids (tretinoin, adapalene, tazarotene) and harsh products (such as glycolic acid) for one week prior to any cosmetic or laser treatments on the skin unless otherwise specified by your Dermatologist.
- Stop pain medications and arthritis type formulas such as: Advil, Motrin, Ibuprofen, Aleve, etc. for one week prior. Tylenol is OK.
- NOTE: If aspirin is taken for a prior history of stroke or cardiac events, check with your appropriate physician to see if it may be discontinued prior to surgery. If aspirin is being taken only for pain management, it should be discontinued one week prior to any procedure.
- Aspirin, Advil, Motrin, Ibuprofen, Aleve, etc. may be resumed 2 days after surgery if no unusual bleeding has occurred.
- Post operatively, you may need to limit your range of motion in the area of the surgery to minimize risk of stretching the scar or causing stitches to pop out. Please plan accordingly.
- After your surgery, you will need to change and dress the area daily. Make arrangements so that you can have help if it is a difficult to reach area.
- If your wound requires sutures, then you will need to return to our office for suture removal 5-14 days post procedure, depending on the body location. Plan your surgery at a time where you can return back to the office in the recommended amount of time. Make your suture removal appointment with the front desk on the day of your surgery.
- There may be lab fees associated with your surgery. These fees are billed by the lab, not Cloudlake Dermatology. Please check with your insurance company in advance to ask if lab fees are covered.

***If you have any questions, please do not hesitate to call:
516.992.6350***