



MEDICAL | SURGICAL | COSMETIC

190 North Pointe Blvd., Suite 1  
Lancaster, PA 17601

**Lancaster Skin Center, P.C.**

Preparation for your skin surgery:

1. If you take aspirin or blood-thinning medication on a regular basis, please ask the doctor to determine if and when you should avoid this before and after your skin surgery. The prescribing doctor should be consulted before discontinuing any blood-thinning medications. If you do not take this medication on a regular basis, avoid medication containing aspirin or ibuprofen or ibuprofen-type medication about seven days before your surgery as these can thin the blood.
2. Alcoholic beverages, vitamin E, and some herbal supplements (gingko, garlic, ginseng) can also thin your blood. Please avoid these for about five days before surgery. However, if your other doctor had recommended vitamin E or one of these herbs for a specific condition, please ask us prior to stopping.
3. If you take blood pressure medication, please be sure to take the medication on the day of your surgery. Elevated blood pressure may increase the tendency to bleed during your procedure.
4. As soon as you can prior to surgery, please notify the doctor if you: usually take antibiotics before going to the dentist; have a heart or heart valve abnormality, including valve dysfunction or have had heart valve repair or replacement; or have an orthopedic prosthesis such as a joint replacement.
5. Please tell the doctor if you have a pacemaker or defibrillator.
6. Please tell the doctor if you have had a reaction to any local anesthetics (numbing medication), such as that administered at the dentist, or to any medication for surgery.
7. Your surgery may require you to be less active (no heavy lifting or strenuous exercise) for one to two weeks after the procedure. Inquire if you have any concerns regarding this as it may be preferable to post-pone your surgery.
8. You will be required to keep the excision site dry for the first two days. You may want to take your showering schedule into consideration.

If you have further questions or concerns, please feel free to call: Lancaster Skin Center at  
717-560-6444.