



DERMATOLOGY ASSOCIATES
OF KENTUCKY, P.S.C.

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Accredited by
Accreditation Association
for Ambulatory Health Care, Inc.

Ambulatory Surgery Center:
1st Floor (facing Man O' War)
Surgical Coordinator: (859) 977-2290
Fax: (859) 977-2302

Instructions for Our Surgical Patients

Established in 1951, Dermatology Associates of Kentucky, P.S.C. is one of the largest and most comprehensive dermatologic practices in the United States. We have an experienced, compassionate surgical team that is committed to your health, comfort, and safety. Surgeries are performed in our fully accredited ambulatory surgery center. Our goal is to provide you with the highest level of care before, during, and after your upcoming surgery.

Please review the following important instructions to help ensure a successful and pleasant surgical experience:

If you have a history of heart disease, strokes, clots, DVT, or cardiac arrhythmias, please **CONTINUE ALL blood thinners** (including coumadin and warfarin) as prescribed by your cardiologist or physician. This reflects a policy change to reduce the risk of heart attack or stroke in high-risk patients.

For other patients, it is helpful to discontinue blood thinners as instructed below, to minimize bleeding during surgery,

- Avoid medicine containing aspirin, ibuprofen, and all other non-steroidal anti-inflammatory medications (refer to list below) for 7 days prior to your procedure.
- Please avoid **all** alcohol and vitamin E for 3 days prior to your procedure.
- You should also stop ginko, ginseng, papaya, sweet clover, tamarind, and garlic supplements 7 days prior to surgery.

**Please consult your prescribing physician before stopping any blood thinners. If they do not feel you should stop, please contact our surgical coordinator.*

Advil	Alka-Seltzer	Anacin	Anodynos	Arthralgen	Any Arthritis	Arthropan Liquid
Ascriptin	Aspergum	Bayer Aspirin	BC Tablets	Buff-A Comp	Pain Medication	Bufferin
Buffets H	Buffinol	Buf-tabs	and Powder	Cama Arthritis	Clinoril	Cope Tablets
Dasin	Dipyridamole	Disalcid	Doan's Pills	Strength	Dolobid	Duradyne
Easprin	Ecotrin	Emagrin	Empirin	Equagesic	Feldene	Fiorinal
4-Way Cold Tablets	Heparin	Ibuprofen	Indocin	Indomethacin	Lanorinal	Magan
Magsal	Marnal	Measurin	Meclomen	Medipren	Micrainin	Midol
Mobic	Mobidin	Mobigesic	Momentum	Motrin	Nalfon	Naproxyn
Neocylate	Norgesic	Nuprin	Pabalate	Panwarfin	Pepto-Bismol	Percodan
Persantine	Plavix	Robaxisal	Rufen	St. Joseph Aspirin	Saleta	Salocol
Soma Compound	Stanback Powder	Supac	Synaigos	Talwin Compound	Tolectin	Trendar
Triaminicin	Trigesic	Uracel	Ursinus	Vanquish	Verun	Vitamin E (3 days only)
Zorprin						

The following MAY be continued:

Acetaminophen	Anacin-3	Coumadin	Celebrex	Darvon	Excedrin PM	Propoxyphene	Trilisate	Allerest	Darvocet	Datril
Panadol	Trental	Tylenol	Vioxx	Warfarin						

1. Take **all** your other regular medication as prescribed, including on the day of surgery.
2. **Please stop smoking for at least 7-14 days prior to surgery to improve wound healing and reduce scarring and infection risks.**
3. Do not wear any makeup or pullover clothing on the day of surgery. In general, most surgical sites are on the face, and pulling tight clothing over the wound may cause discomfort or bleeding. (If your wound is on another part of the body, you may want to consider your clothing for the day as well, perhaps sweat pants, sleeveless shirts, etc.)

4. **Unless instructed otherwise, you must have someone accompany you on the day of surgery who can drive you home and stay with you the remainder of the day.** You will most likely receive an oral sedative (eg. Valium) prior to surgery. Some patients may feel a bit light-headed or tired after surgery. You will likely have bending/lifting restrictions for at least three days following surgery. **More strenuous activities, like golf, tennis, and heavy lifting, are best avoided for 3 weeks after surgery.** Please plan accordingly with respect to work and social activities. This is a safety precaution. If this presents a problem, please contact our surgical coordinator.
5. If you are scheduled to undergo Mohs micrographic surgery for skin cancers, you should be prepared to spend most of the morning, (typically 3-5 hours) and sometimes part of the afternoon, at our office. Please bring a book or something to help pass the time.
6. Get a good night's sleep, and due to the amount of time you may spend with us, please eat a light breakfast or lunch before your surgery. **We will only use local anesthesia, generally Lidocaine with epinephrine, (you will not be put to sleep)** so this will not affect our work and will make your time spent here more comfortable.
7. Surgical facilities are kept cool to reduce infection risks. You may want to bring a favorite sweater, jacket, or small blanket to help keep you warm.
8. In some cases, the surgery can be more extensive than anticipated-particularly for skin cancers of long standing duration and those that have recurred following previous therapy. Although it is rare, we must occasionally admit a patient to the hospital for observation, continue further surgery on the following day, or enlist the assistance of other surgical specialists.
9. If you are unable to keep your surgery appointment, please contact our surgical coordinator at (859) 977-2290 (our regular scheduling staff cannot change your surgical appointment) at least 48-72 hours in advance, so we may use your surgical slot to accommodate another cancer patient.
10. If you have any questions or concerns, please do not hesitate to contact us.

For Your Information: If you are driving a long distance to come to our office and are interested in staying at a hotel over night, the following hotel offers a reduced rate to surgical patients.

Sleep Inn: (859) 543-8400
 1920 Plaudit Place
 (I-75 Exit 108)
2.4 miles from our office!

