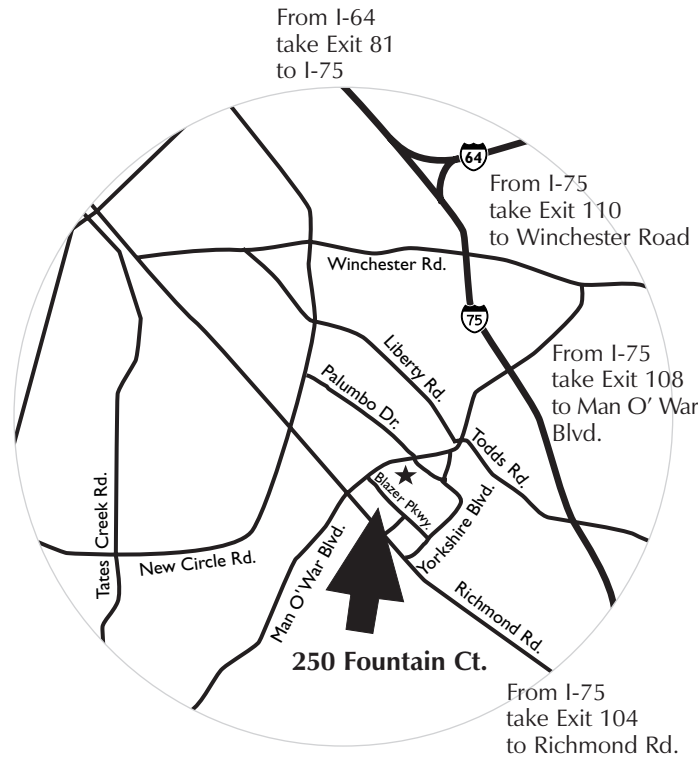


affect our work and will make your time spent here more comfortable.

8. 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.
9. 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 very 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.
10. 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). Please call with as much advance notice as possible, so we may use your surgical slot to accommodate another patient.
11. 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!*



**DERMATOLOGY ASSOCIATES  
 OF KENTUCKY, P.S.C.**

250 FOUNTAIN COURT  
 LEXINGTON, KY 40509  
 (859) 263-4444  
 FAX (859) 254-1814



Accredited by  
 Accreditation Association  
 for Ambulatory Health Care, Inc.

**Ambulatory Surgery Center:**  
 1st Floor (facing Man O' War)  
 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 at left) 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	Pain Medication
Aspergum	Bayer Aspirin	BC Tablets
Buff-A Comp	Bufferin	and Powder
Buffets H	Buffinol	Buf-tabs
Cama Arthritis Strength	Clinoril	Cope Tablets
Disalcid	Dasin	Dipyridamole
Duradyne	Doan's Pills	Dolobid
Emagrin	Easprin	Ecotrin
Feldene	Empirin	Equagesic
Heparin	Fiorinal	4-Way Cold Tablets
Indomethacin	Ibuprofen	Indocin
Magsal	Lanorinal	Magan
Meclomen	Marnal	Measurin
Midol	Medipren	Micrainin
Mobigesic	Mobic	Mobidin
	Momentum	Motrin

Nalfon	Naproxyn	Neocylate
Norgesic	Nuprin	Pabalate
Panwarfin	Pepto-Bismol	Percodan
Persantine	Plavix	Robaxisal
Rufen	St. Joseph Aspirin	Saletto
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 try to stop smoking, or limit smoking to less than 1/2 pack per day, for 7-14 days prior to surgery to improve wound healing.**
3. Male Patients: If the biopsy site is on your face and is near or covered by hair (beard, moustache, sideburns), please shave the area one day prior to surgery.
4. 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 bleed-

ing. (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.)

5. **Please have someone accompany you on the day of surgery who can drive you home and stay with you the remainder of the day.** 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 often 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.
6. If you are scheduled to undergo Mohs micrographic surgery for skin cancers, you should be prepared to spend most of the morning, (typically 3-4 hours) and sometimes part of the afternoon, at our office. Please bring a book or something to help pass the time.
7. 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 (you will not be put to sleep)** so this will not