



Mount Sinai  
Doctors Faculty Practice

**Hooman Khorasani, M.D.**

Chief

Division of Dermatologic and Cosmetic Surgery

**E85th Street Skin & Laser Center**

234 East 85<sup>th</sup> Street – 5<sup>th</sup> Floor

New York, NY 10029-6574

Tel 212.731.3311 Fax 212.731.3395

## **MOHS/EXCISION SURGERY**

### **Pre-Operative Instructions**

**We are here for you 24/7**

**If you have any questions page Dr. Khorasani's on-call Fellow at (917) 205-3208**

1. Avoid aspirin, ibuprofen (e.g., Motrin, Advil, etc.) and other NSAID pain relievers *10 days prior to surgery*. These products will thin the blood and make it more difficult to control bleeding. If you experiences discomfort, please take Tylenol instead.
2. If prescribed by your physician, you may continue Coumadin or other blood thinning medications (aspirin or Plavix). Discontinue these medications within 48-72 hours **ONLY** with your primary physician's permission. Patients on Coumadin need to have their most recent blood work containing INR levels sent to our office, which must have been done *within the past 7 days prior to surgery*. **Our fax number is 212.987.1197**. We would like your INR level to be lower than 3.0. **Please check with your primary care physician before stopping any medications.**
3. Stop taking vitamin E, ginko, garlic, ginseng, glucosamine, fish oil and St. Johns Wort *10 days prior to surgery*. These products will thin the blood and make it more difficult to control bleeding during surgery.
4. Avoid alcohol for 2 days *prior to* and 2 days *after* surgery.
5. Smoking can significantly affect the outcome of your procedure. One of the long-term effects of smoking is a narrowing of the small arterial blood vessels that transverse the skin. This can lead to reduced blood flow to the tissue (ischemia), poor healing, bad scars, or loss of tissue.
6. Inform us if you have mitral valve prolapse, heart valve replacement, prosthetic joints, recent joint replacement surgery, a pacemaker, or a defibrillator. Also inform us if you are a diabetic, HIV positive or have hepatitis C. If you have any of these conditions, we can take extra precautions to keep you as safe as possible during and after surgery.
  - a. If you have had a replacement heart valve or artificial joint, you are likely to require oral antibiotics prior to your procedure.
  - b. It is recommended that you make arrangements to fill prescriptions prior to surgery.
7. The Mohs procedure may take the entire day! Please plan accordingly.
8. The waiting period for lab results for *each* stage of Mohs may be 1-2 hours.
9. We encourage you to eat breakfast the morning of your procedure; otherwise, you may feel faint and/or dizzy.

**Hooman Khorasani, M.D.**

Chief, Division of Mohs, Reconstructive and Cosmetic Surgery

10. As you are not required to wear a gown during your procedure, there is a risk of drips and spills! Please dress comfortably and wear older clothes. Mount Sinai will not be held responsible for any damage to your clothing.
11. You may bring books and laptops to use in the waiting area between procedures (Wi-Fi is provided).
12. If your surgery is on the face, please do not wear any makeup.
13. Be aware that you may not bend, lift, or exercise for at least 2 weeks following your procedure. Therefore, please make arrangements for assistance during the postoperative period.
14. All wound care instructions will be given to you at the end of the day.
15. Once your tumor has been removed, you will have to wait your turn for suturing as our policy is to take patients in the order in which a clear margin was found. .
16. You will be required to return for suture removal in 1 week (face) and 2 weeks (body).
17. If the defect is very large or in a cosmetically-sensitive area of the face, you may be scheduled for reconstruction on the following day.
18. If a decision is made that you will require a skin graft, you may have to let the wound heal for 1 week in order to “grow flesh” (known as granulation) before the graft can be placed. The graft requires a thick granulation bed for its survival.
19. If a decision has been made to allow your wound to granulate (“healing by nature”) —also known as secondary intention—you will need to return in 2-3 weeks as directed.

**Prior to surgery, please purchase the following items from CVS, Walgreens, or the pharmacy of your choice in order to care for your surgical wound properly**

- ◆ Aquaphor ointment (to be applied to your wound *after* the steri-strips have been removed)
- ◆ Telfa pads, paper tape (or any non-stick dressing in case you wish to cover your steri-strips)
- ◆ Paper tape
- ◆ Ice pack or frozen vegetable bag—as the latter actually conforms to your facial structures better than an ice pack. (This item will be used the first 24 hours after surgery)
- ◆ Hibiclens (antiseptic soap) to use to shower the night before surgery and one week after surgery.