

SURGICAL EXCISION INFORMATION PACKET

WELCOME

Thank you for choosing to receive your care at the Dermatologic Surgery Unit at the Beth Israel Deaconess Medical Center. Our Unit is located in one of the major teaching hospitals of Harvard Medical School. Our physicians and supporting personnel are highly trained and focused on providing you with the highest quality care possible. We are fortunate to be able to leverage the considerable resources of our academic medical center. **Your care is our first priority.**

APPOINTMENT TIME & LOCATION

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| Surgeons: Dr. Frank / Dr. Heller / Dr. Olbricht / Dr. Weiss | |
| Location: We have three locations. | |
| Carl J. Shapiro Center, 2 nd Floor 330 Brookline Avenue Boston, MA 02215 | The entrance to the parking garage (underneath the Shapiro Center) is on the left at the end of Binney Street (off Longwood Avenue). Please do not park at the Children's Hospital Garage (the first garage on the right as you turn off of Longwood Avenue). That garage is less convenient as you will have to walk outside to reach the Carl J. Shapiro Center. Your parking ticket will be validated in the lobby for a discount after two hours. |
| BID Lank Cancer Center at Needham 148 Chestnut Street Needham, MA 02492 | Parking is at the Lank Cancer Center located on the ground level on School Street. |
| BIDMC Chestnut Hill 25 Boylston Street Chestnut Hill, MA 02467 | We are located near Star Market in a red brick building. There is a parking lot in the front and back of the building. |

BE SURE TO BRING THE FOLLOWING TO YOUR APPOINTMENT

- Insurance card
- Name and address of your primary care provider
- Name and address of your dermatologist or referring doctor
- List of all current medications, allergies and medical history
- Name and address of your preferred pharmacy. We have electronic prescriptions and can send most medication prescriptions directly to your pharmacy to be ready for pick-up to save you time.

PREPARING FOR YOUR SURGERY

- Do not take any Vitamin E, Fish Oil, or other over the counter supplements including herbal remedies and homeopathic medications 1 week prior to procedure. Tylenol is OK to take.

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- If you take blood thinners, continue to take them as usual. If you take Coumadin, continue to take it and have your INR checked within one week of your surgical procedure and forward to our office. For this procedure, the INR should be 3.0 or less. Fax # 617-667-7435.
- Do not drink alcohol for 3 days prior to surgery and 2 days after surgery. It can thin your blood.
- If you have an artificial heart valve, joint replacement, organ transplant or heart murmur, please call our office. You may need to take an antibiotic before your surgery.
- Smoking can slow down wound healing. Please **do not smoke**. If you cannot stop completely, cut back as much as you can.
- If you have any other implanted electrical device (e.g. vagal nerve stimulator, bladder stimulator, etc.) please call our office. You may need to have this switched off prior to surgery.
- If you have been instructed to take antibiotics prior to surgical procedures (not common), please contact us or your primary care doctor for a prescription.
- If you have been prescribed Ativan (Lorazepam) or Valium (Diazepam), do not take it until after you have signed your consent form or the procedure will be cancelled. If you take this medication, you will need a ride home.

SCHEDULING CONSIDERATIONS

- Expect to wear a bandage for at least 2 days and up to 7 to 14 days following your surgery. You will not be able to get it wet for the first one to two days. The exact details of your bandage and wound care will be addressed on the day of your surgery.
- You may experience bruising and swelling around your wound for several days after surgery.
- Reduce your physical activities, including exercise for 1 – 2 weeks following surgery. Again, the exact details will be discussed with you on the day of your surgery and will depend on the site of your surgery.
- You may need to return in 1 to 2 weeks to have your stitches removed.
- Rarely, the surgery needs to be postponed due to medical issues identified during the preoperative evaluation (which will be done the day of surgery). To avoid this possibility, you can elect to have a consultation visit before scheduling the surgery. Please call us if you would like to schedule a consultation appointment.
- The duration of surgery is difficult to predict. The duration is usually one to two hours depending on the complexity of your surgery.
- Do not schedule any trips or vacations in which you will be away from the Boston area until at least 1 week after your surgical appointment. Complications, though rare, are easier to handle if you are available to come into our surgical suite.
- If you need to reschedule or cancel an appointment, please let us know as early as possible so that we may fit another patient in your scheduled slot. This will help us offer a sooner appointment to someone else.

THE DAY OF YOUR APPOINTMENT

- If your surgical site is located on your leg, please wash your entire leg with antibacterial soap to reduce the risk of post-surgical infection. We recommend Hibiclens, which can be found over-the-counter at most drugstores.
- Take all of your medications and have a breakfast/lunch unless otherwise instructed.
- All surgery is performed under local anesthesia. The RNs give the local anesthesia. Most people are able to care for themselves following the procedure. However, if your case is lengthy or if the surgical area is around your eyes you may need a ride home.

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Please call if you have any questions. We look forward to seeing you.