

## Pre-operative instructions for Mohs micrographic surgery

- **CONTINUE ALL MEDICATIONS** that are medically necessary, such as Warfarin, Coumadin, Plavix, Aspirin, Pradaxa, Eliquis, blood pressure pills and diabetic medications. Bring a list of your current medications.
- Eat as you normally do. Please have breakfast the morning of your surgery.
- Be prepared to spend the entire day. The minimum amount of time you will be there is four hours, however you may be required to stay up to ten hours. Most of the time is spent waiting while we are processing the tissue to ensure that the skin cancer is removed. Please bring something to pass the time (i.e. books, knitting, paperwork). The hospital does have WiFi.
- Pack a small lunch and water bottle. It can be a long day.
- If you smoke, reducing the amount you smoke – both before surgery and after the procedure – will greatly improve your healing. Refraining from smoking is the most important thing you can do to improve healing and minimize scarring. Please also reduce your alcohol intake as much as possible one week prior to your surgery as this can contribute to increased bleeding.
- Shower and wash your hair the night before or the morning of the surgery. You might not be able to shower or shampoo your hair for 24 to 48 hours following surgery.
- Wear comfortable clothes. Do not wear a shirt that has to be pulled over your head after surgery; a button-down shirt is best.
- Refrain from putting make-up on the area being operated on the day of your surgery. Please do not wear perfume or scented after-shave on the day of your surgery as our hospital has a scent-free policy.
- Plan to have someone available to take you home after the surgery. We request that you are not alone for the first 24 hours following surgery.
- Don't make plans for the day of surgery or the following week. You will need to rest. You will be advised to avoid heavy lifting and strenuous exercise for two weeks after your surgery. Please do not plan travel for two weeks after your surgery.
- Notify the nurse of any changes in your health prior to surgery: call 416-530-6607, press 2 and follow the prompts for Mohs nurse line.

**If you need to change or cancel your surgery, please notify our office 48 hours prior to your scheduled appointment at 416-530-6607 (press 2 and follow prompts).**

**APPOINTMENT DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **AM**