FOR AN APPOINTMENT:

• Please make an appointment for:

  - **Excision**: Time needed: □ 30 min □ 45 min □ 60 min
  - **Mohs Surgery**: Location: ___________________________
    Lesion: ___________________________

• Call 646-962-6647 on Mon-Fri from 9AM – 5PM
• Appointments may also be requested online at mychart.med.cornell.edu after completing registration for Weill Cornell CONNECT during your office visits.

MEDICATION USE:

• Please take all your normal prescription medications the morning of surgery.
• Tylenol (acetaminophen) use for aches or pains is not restricted
  - Does not cause bleeding.
• Avoid over-the-counter pain medications and supplements that can increase risk of bleeding for 10 days prior to surgery. They may be resumed 2 days after surgery.
  - Examples include:
    - Ibuprofen, Motrin, Advil, Aleve, etc.
    - Aspirin unless prescribed by your medical doctor.
    - Vitamin E, Fish Oil, Gingko, Ginseng, Garlic pills.
• Do not stop taking your prescribed blood thinners.
  - Examples include:
    - Aspirin, Coumadin (warfarin), Pradaxa (dabigatran), Plavix (clopidrogel), Aggrenox
• Please fill any prescriptions that may have been given to you before surgery.

EXERCISE RESTRICTIONS:

• Avoid exercise after surgery to optimize healing.
  - Limit aerobic activity, walking, stair climbing, bending, and lifting.
  - Avoid heavy chores such as house cleaning or lifting heavy items.
  - Please make arrangements for post-operative assistance.
  - Exercise may be resumed after □ 2 days □ 2 weeks □ 3 weeks.

FOR MORE INSTRUCTIONS: TURN OVER TO SEE PAGE 2
FOOD, ALCOHOL, AND TOBACCO USE:

- No dietary restrictions needed. Please eat regularly.
- Avoid alcohol intake 2 days prior to surgery and 2 days after surgery.
- If you use tobacco products, reduce or stop smoking for 1 wk. prior and 1 wk. following surgery.

ATTIRE:

- Wear comfortable clothing and shoes.
- Avoid wearing makeup or moisturizer for surgery of the face.
- Please bring cases for any hearing aids or glasses you may have.

LIST OF ITEMS TO PURCHASE PRIOR TO SURGERY:

- Hydrogen peroxide solution
- Cotton swabs (such as Q-tips)
- Petroleum ointment (such as Vaseline)
- Any non-stick dressing (such as Telfa pads)
- Adhesive medical tape (paper or fabric)
- Ice pack

DAY OF MOHS SURGERY

- Be prepared to spend the entire day with us. Please do not make plans for the day.
- Please eat normally.
- Take all your medications as usual.
- Please bring lunch and snacks. We have a refrigerator.
- Coffee and water are provided.
- Bring something to help pass the time such as books, newspaper, paperwork, knitting, electronic devices, etc.
- Public WiFi access is available on the “WMC Guest Services” network.

IF YOU HAVE ANY QUESTIONS:

- Please call the office at 646-962-6647.