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## PREPARING FOR YOUR EXCISIONAL SURGERY

### DO

- Do shower and shampoo the night before and the morning of surgery.
- If your surgical site is in a hair bearing area, please Do **shave** the area one day before your surgery to allow appropriate dressing placements.
- Do EAT normal meals before surgery.
- Do tell the doctor if you have any allergies to medicines or have a bleeding problem.
- Do BRING ALL your medications in their bottles to show the doctor. Take ALL your regular medicines unless the doctor tells you not to.
- Do wear an old shirt that buttons all the way down (not a pull-over). WEAR ABSOLUTELY NO JEWELRY. If you're having face surgery WEAR ABSOLUTELY NO MAKE UP and have your hair pulled back away from the surgery site.
- Do bring an old blanket to the office if needed; the surgery room is kept cool.
- Do WEAR warm socks to the office.
- Do tell the doctor if you have a cold or don't feel well.
- Do take your daily medications for blood pressure, diabetes, thyroid disorders, etc.

**Your surgical procedure will be done under local anesthesia. You will not be put to sleep or given sedatives. Unless otherwise instructed, you should be able to drive yourself home.**

### DON'T

- Don't have **ALCOHOL** (wine, beer, whiskey) from one week before until one week after surgery.
- Don't have herbs, vitamin E, licorice, tumeric, Coenzyme Q10, feverfew, ginger, Tumeric, Curcumin, Ginkgo biloba, garlic, niacin (vitamin B3), fish oil tablets (omega 3 fatty acids), evening primrose oil, or non-steroidal anti-inflammatory medicines (Motrin, Nuprin, Advil, etc.) for one week before surgery. They can cause bleeding. We can give you a list of other medications that you should avoid that could cause bleeding.
- Don't apply lotions to surgery site on the day of surgery or the bandages will not stick to your skin.
- If your primary care doctor has prescribed Aspirin or Coumadin for your heart **TAKE THE ASPIRIN OR COUMADIN AS YOUR DOCTOR SUGGESTED UNLESS YOUR DOCTOR SAYS YOU CAN STOP ASPIRIN FOR 1 WEEK BEFORE SURGERY OR COUMADIN 3 DAYS BEFORE SURGERY.**  
  
Ask your primary care doctor **BEFORE** stopping the aspirin or coumadin. Over-the-counter **TYLENOL** can be taken any time it's needed for pain and/or headaches before or after surgery **BECAUSE IT DOES NOT CAUSE BLEEDING.**
- If not instructed by a doctor avoid the aspirin and aspirin like products 1 week before surgery. A long list of medications can be provided to you.
- **Don't smoke excessively (it slows healing). It's best not to smoke at all.**
- **DO NOT smoke within 2 hours before surgery.**

## **PREPARING FOR YOUR EXCISIONAL SURGERY CONTINUED**

### **BEFORE SURGERY**

- You **MAY** be given antibiotics prior to surgery. This medication antibiotics should be taken starting the morning of your excisional surgery.
- You **MAY** also be give a topical antibiotic to swab in your nose twice a day for 5 days.
- Also please wash your head, neck, and body with Hibiclens (Chlorhexidine) once a day for 5 days before the surgery.
- Please ask if you have **ANY** questions before, during, or after surgery. We want to work together with you to make your surgery successful.

### **AFTER SURGERY**

There will be need for post-operative follow-up for observation and suture removal after the excisional surgery. Moreover, Dr. Nahm will send your specimen for pathology evaluation and will inform you its results. It is best to remain in the local area (if possible) for 10-20 days during the post-operative period. Let the Dr. Nahm or his staff know if you cannot do this.

The wound will take about 25 days to become sufficiently strong after all the surgery has been performed.

### **ITEMS YOU MAY NEED TO PURCHASE FOR WOUND CARE**

Hydrogen peroxide, Vaseline Petroleum Jelly, Telfa dressing of non-stick gauze squares, paper tape or silk tape, Q-Tips, Sterile gauze pads (purchase either 2-inch, 3-inch, or 4-inch pads according to the size needed to cover your wound).

### **IN CASE OF EMERGENCY:**

During regular office hours, please call (858) 278-8835 (Option 3)  
After hours and on weekends, please call the doctor  
or his physician assistant at (619) 318-0952.

## Aspirin or Aspirin Related Drugs

- 4-Way Cold Tablets –
- Adprin-B Tablets
- A.S.A. Enseals
- A.S.A. Tablets
- Aches-N Pain Tablets
- Advil
- Alcohol
- Aleve Tablets
- Alka-Seltzer Products
- Amigesic Capsules
- Anacin Tablets and Capsules
- Anaprox, Anaprox DS Tablets
- Anodynes Tablets
- Ansaid Tablets
- APC
- Argesic Tablets
- Artha-G Tablets
- Arthralgen Tablets
- Arthritis Bayer Timed Release Aspirin
- Arthritis Pain Formula Tablets
- Arthritis Strength Bufferin Tablets
- Arthropan Liquid
- Arthrotec
- Ascodeen
- Ascriptin, All products
- Asperbuf Tablets
- Aspergum [chewing gum]
- Aspirin
- Asprimox Tablets
- Axdone
- Axotal Tablets
- Bayer, All Products
- BC Tablet and Powder
- Brufen
- Buf-Tabs
- Buff-A Comp No. 3 Tablets with codeine
- Buff-A Comp Tablets and Capsules
- Buff aprin Tablets
- Bufferin, All products
- Buffets II Tablets
- Buffex Tablets
- Buffinol Tablets
- Cama Arthritis Pain Reliever
- CataFlam Tablets
- Cephalgesic
- Cheracol
- Children's Aspirin
- Children's Advil Suspension
- Children's Motrin Suspension
- Clinoril Tablets
- Congesprin
- Cope Tablets
- Coricidin
- Coumadin
- Darvon Compound Pulvules
- Darvon Compound-65
- Darvon with A.S.A. Pulvules
- Darvon-N with A.S.A.
- Dasin Capsules
- Daypro Tablets
- DiFlunisal
- Disalcid Capsules
- Doan's Pills
- Dolobid Tablets
- Dristan
- Duoprin-S Syrup
- Duradyne Tablets
- Easprin
- Ecotrin Tablets
- Emagrin Tablets
- Empirin Tablets
- Emprazil
- Endodan Tablets
- Epromate Tablets
- Equagesic Tablets
- Equazine M Tablets
- Etodolac
- Excedrin Tablets and Capsules
- Feldene Capsules
- Fenoprofen Tablets
- Fiorgen PF Tablets
- Fiorinal Tablets
- Fluriprofen Tablets
- Gelpirin Tablets
- Gensan Tablets
- Goody's Headache Powder
- Halfprin Tablets
- Haltran Tablets
- Ibu-Tab Tablets
- Ibuprofen Tablets
- Ibuprofen Tablets and Caplets
- Indochron E-R Capsules
- Indocin Capsules/ Suspension/ Suppositories
- Indocin-SR Capsules
- Indomethacin Capsules
- Indomethacin Suspension
- Isollyl Improved Tablets & Capsules
- Ketrolac tablets
- Ketoprofen Capsules
- Lanorinal Tablets
- Lodine Capsules/Tablets
- LodmeXL
- Lortab
- Magan Tablets
- Magnaprin Arthritis Strength Captabs
- Magsal Tablets
- Marmal Capsules
- Marthritic Tablets
- Maximum Bayer Aspirin
- Measurin Tablets
- MecloFenamate Capsules
- Meclomen Capsules
- Medipren Tablets and Caplets
- Menadol Tablets
- Meprogesic Tablets
- Micrainin Tablets
- Midol 200 Tablets
- Midol, All products
- Mobidin Tablets
- Mobigesic Tablets
- Momentum Tablets
- Motrin Tablets
- Nalfon Capsules/Tablets
- Nalfon Pulvules
- Naprosyn Tablets/ Suspension
- Naproxen Tablets
- Neocylate Tablets
- Norgesic & Norgesic Forte Tablets
- NorwichExtra-Strength Tablets
- Nuprin Tablets and Caplets
- Orphengesic
- Orudis Capsules
- Oruvail Capsules
- Pabalate
- Pabalate-SF Tablets
- PAC Tablets
- Pamprin-IB Tablets
- Pepto-Bismol Tablets and Suspension
- Percodan and Percodan-Demi Tablets
- Phenaphen
- Piroxicam Capsules
- Ponstel Capsules
- Presalin Tablets
- Relafen Tablets
- Robaxisal Tablets
- Rufen Tablets
- S-A-C
- Saletol Tablets
- Saletol-200 Tablets
- Saletol-400,600,800 Tablets
- SalFlex Tablets
- Salocol Tablets
- Salsalate Tablets
- Salsitabs Tablets
- Sine-Aid
- Sine-Off
- SK-65 Compound Capsules
- Soma
- SomaCMD
- St. Joseph Adult Chewable Aspirin
- St. Joseph Cold Tablets for Children
- St. Joseph Aspirin for Children
- Sulindac Tablets
- Supac
- Synalgos Capsules
- Synalgos-DC Capsules
- Talwin Compound Tablets
- Tolectin 200,600 Tablets
- Tolectin DS Capsules
- Tolmetin Tablets/ Capsules
- Toradol Injection/Tablets
- Trendar Tablets
- Tricosal tablets
- Tri-Pain Tablets
- Trigesic
- Trigesic Tablets
- Trilisate Tablets and Liquid
- Vanquish Caplets
- Verin
- Voltaren Tablets
- Zactin
- Zorprin Tablets

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7695 Cardinal Court, Suite 200 • San Diego, CA 92123 • Phone: 858.278.8835 • Fax: 858.386.4776

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