



ARIZONA MOHS  
SURGERY &  
DERMATOLOGY

## Arizona Mohs Surgery & Dermatology, PLLC

7530 N. Oracle Rd., Suite 102 Tucson, AZ 85704  
(520) 612-7722 Fax (520) 612-7797

### Preparing for Surgery

Please review the following important instructions to help insure a successful and pleasant surgical experience:

#### Photos:

We will request a biopsy photo from the referring physician. If a photo was not taken at the time of biopsy by your dermatologist, it is very helpful if you also take a few photos of the treatment location from both close-up and zoomed-out perspectives while the biopsy site is pink and still healing. Please bring these with you to your surgical appointment. We will let you know if we did not receive a photo of your biopsy site and will request that you email it to [ams@azmohssurgery.com](mailto:ams@azmohssurgery.com)

#### Medical History and Forms:

It is very helpful for you to complete your Medical History form in advance of surgery via our Patient Portal or the online form. Please provide us with a complete list of your medications, or alternatively, bring a bag containing all of your prescription medications to your surgical appointment.

Please let us know in advance of surgery if you have any special needs such as allergies to local anesthetics, mild-to-moderate anxiety, easy bleeding, a defibrillator / pacemaker, oxygen use, pregnancy, or physical limitations. It's imperative that patients be able to remain calm and still during the procedure, so we need to know if you have extreme anxiety or issues like severe dementia / Alzheimer's. Our office is largely latex- free, but please let us know if you have a significant latex allergy.

#### Blood Thinners:

**IF** you have a history of heart disease, stroke, clots, DVT, or cardiac arrhythmias, please **CONTINUE ALL BLOOD THINNERS** as prescribed by your cardiologist or physician. The cardiovascular risks of stopping the following important meds outweigh the benefits: Warfarin (Coumadin), Apixaban (Eliquis), Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Heparin (Fragmin, Innohep, Lovenox), Edoxaban (Savaysa), Fondaparinux (Arixtra), Clopidogrel (Plavix), Dipyridamole (Effient), Eptifibatide (Integrilin), Ticagrelor (Brilinta), Ticlopidine (Ticlid), and Vorapaxar (Zontivity).

For other low-risk patients, it **IS** helpful to discontinue the following blood thinners 7 days prior to your appointment to minimize bleeding during surgery. It is OK to continue Acetaminophen (Tylenol).

Aspirin	Bufferin	Ibuprofen	Advil	Aleve	Pepto Bismol
Ecotrin	Alka Seltzer	Motrin	Naproxen	Naprosyn	

### **Medications:**

On the morning of surgery, please take ALL your other regular medications as prescribed, including blood pressure and diabetes meds. It is also helpful to take Tylenol about 60 minutes prior to your appointment to minimize pain during surgery.

### **Herbal Supplements:**

Please discontinue use of the following herbal and nutritional supplements for 7 days prior to surgery because they can significantly increase bleeding:

Fish oil	Vitamin E	Turmeric	Ginger	Ginkgo	Garlic
Ginseng	Goldenseal	Feverfew	Valerian	Ephedra	Licorice
Echinacea	Papaya	Kava	Bromelain	Tamarind	Sweet clover
Dong quai	Alfalfa	Danshen	Flax seed	Chamomile	Fenugreek
Chinese tea	Red clover	Passionflower		St. John's Wort	
Saw palmetto					

### **Alcohol and Tobacco:**

To further reduce your risk of bleeding complications, please avoid ALL alcohol consumption for 48 hours prior to surgery and 48 hours after surgery since this can thin your blood.

Please discontinue all tobacco use for at least 7 days prior to surgery to help avoid serious problems with wound oxygenation and healing. Perioperative tobacco exposure can significantly increase the risk of infection, poor wound healing, and scarring.

### **Bathing and Shaving**

For 2 days prior to surgery, please wash the affected area with an antibacterial soap such as Dial or Lever 2000. Shampoo your hair on the night before, or morning of, surgery because your wound may need to stay dry following surgery. Please do NOT shave the surgical site on the day of surgery. Please do NOT apply ANY hair spray to your hair prior to surgery. Hair spray is flammable, and there are rare, reported cases of facial burns during surgery in the presence of hair spray.

### **Clothing:**

On the day of surgery, please dress comfortably and do not wear pullover clothing. You may want to bring a favorite blanket, jacket, or sweater because surgical offices are kept cool to maintain sterility.

### **Pineapple:**

Pineapple contains bromelain, which appears to speed healing by reducing inflammation and bruising. It also serves as a digestive aid by easing nausea. If you enjoy pineapple, we recommend consuming this healthy food (raw and unprocessed) for 2-3 days prior to surgery.

**Breakfast and Lunch:**

Please try to get a good night's sleep prior to surgery and eat a light breakfast unless you are having post-Mohs reconstruction with another surgeon outside our practice who might put you to sleep (i.e. you're "NPO"). It's best to avoid caffeine, if at all possible, since it can raise your blood pressure. Decaffeinated coffee is OK. **If you are diabetic and monitor your glucose, please bring your monitor with you.**

Surgeries generally take 3 to 5 hours, and many early morning surgeries are finished by lunch. However, it may be useful for you to pack a lunch or snack from home, especially if you anticipate a lengthier visit. We also provide beverages and simple snacks in our waiting room. Alternatively, your companion may visit a nearby restaurant to obtain food for you, but we ask that you do not leave our office or parking lot until the procedure has been completed.

**Transportation:**

Many patients are able to drive themselves to our office for surgery. However, if your surgical site involves the central face (e.g. eyelids, nose, lip, lower forehead, or upper cheek) or you will need an oral anxiety medication, please make sure to bring a single companion who can drive you home after surgery. Please do not bring more than one companion to your surgical appointment due to limited space in our waiting room.

**Your Schedule on the Day of Surgery**

While most Mohs surgeries take 3 to 5 hours, there is no way to know in advance how much time will be needed to remove your cancer and repair the wound. Therefore, we ask that you plan to be in the office for the entire day and make no other commitments. We encourage patients to bring reading materials to pass the time, and we also provide Wi-Fi access so that you may watch a movie or surf the internet on your own laptop computer, phone, or iPad.

One of the biggest risk factors for sneakier tumor growth is the history of previous undertreatment, particularly freezing with liquid nitrogen cryotherapy. Unfortunately, freezing not only fails to cure the cancer but also tends to drive it deeper and wider into underlying tissues. Please note that these **recurrent tumors typically require** several Mohs stages to clear the tumor and need **longer visits, often lasting 5 to 7 hours.** Please do not schedule any other appointments or obligations on your day of surgery.

In some cases, the surgery can be more extensive than anticipated. Although it is very rare, we must occasionally admit a patient to the hospital for observation or further medical attention.

We are located at 7530 N. Oracle Road, Suite 102, Tucson, 85704.

If you are unable to keep your surgery appointment, please contact the appointment secretary at (520) 612-7722 with as much advance notice as possible.

If you have any questions or concerns, please do not hesitate to contact us. Thank you for allowing us to participate in your care.