



INSTRUCTIONS – PREPARING FOR DERMATOLOGIC SURGERY

Beth G. Goldstein, MD
Board Certified

Jennelle S. Williams, MD
Board Certified

David T. DeVries, MD
Board Certified

Rebecca W. Todd Bell, MD
Board Certified

Nadia S. Wang, MD
Board Certified

C. Lynn Cheng, MD
Board Certified

Ruth F. Walters, MD
Board Certified

Austin J. Newsome, MD
Board Certified

Jennifer H. Adair, PA-C

Anne T. Casperson, PA-C

Laura Z. Phillips, PA-C

Allison C. Weis, PA-C

Stephanie M. Knutson, PA-C

Cheryl P. Jones, PA-C

You have a lesion that needs removal, and you and your provider have elected excisional surgery to remove this lesion. The removal of your tumor is performed under local anesthesia.

STARTING TWO WEEKS BEFORE YOUR SURGERY

1. Continue to take your regular medications

- **VERY IMPORTANT: If you have a history of heart disease, blood clots, or stroke, you are to CONTINUE your blood thinners.**
- **If you take Coumadin or Warfarin please contact our office.** Patients on Coumadin or Warfarin should have their levels (INR) checked by their regular provider within five days of your surgery. Please ask the provider performing the INR to fax the results to our office at (919) 401-1924.
- If you do **NOT** have a history of heart disease, blood clots, or stroke, please avoid all blood-thinning agents such as aspirin, ibuprofen (Advil or Motrin), naproxen (Aleve), fish oil, krill oil and some medications for arthritis (please call with any questions regarding medications to avoid).

2. Tell us about antibiotics. If you have artificial joints, artificial heart valves, or if you have been advised to take antibiotics before surgery, call our office (prior to the day of your surgical appointment).

3. Tell us about allergies and pacemaker/defibrillators. Please notify the surgeon's office (prior to the day of your surgical appointment) if any of the following applies to you.

- You are allergic to any medications.
- You are sensitive to latex.
- You have a pacemaker, defibrillator, or heart valve replacements.

4. Clear your calendar for your surgery day. Do not schedule any other appointments to fall on the same day as your surgery. For additional details, see next page.

2238 Nelson Highway, Suite 100 & 300
Chapel Hill, NC 27517
Tel: (919) 401-1994
Fax: (919) 401-1924

1210 Central Drive
Sanford, NC 27330
Tel: (919) 776-5286
Fax: (919) 401-1924

110 Preston Executive Drive, Suite 108
Cary, NC 27513
Tel: (919) 653-1344
Fax: (919) 401-1924

ON THE DAY OF YOUR SURGERY

- 1. Most of the important preparations for your surgical experience are in this document.** We strongly urge you to review this before you arrive for your appointment. If you have questions before your appointment regarding the contents of this information, please do not hesitate to contact the office at your convenience.
- 2. It is much less stressful if you have no pending appointments or obligations on the day of your surgery.** This will minimize any stress or worry of needing to leave the office by a certain time.
- 3. Take your regularly prescribed medications. You should also eat breakfast or lunch before coming into the office.**
- 4. Please wear comfortable clothing, do not wear a pullover shirt.** If you are having surgery on your scalp, face, or neck, then wear a shirt that you are not required to pull over your head to remove. Please wear clothing that can get soiled.
- 5. Do not wear cosmetics or contact lenses if surgery is on your face.**
- 6. Bring a sweater and/or blanket (optional).** The office temperature is typically kept cool, so you might want to bring a sweater, light jacket, or blanket.
- 7. Have crutches or a cane at home if you are having surgery on your lower leg or foot.**
- 8. In the vast majority of cases, you will be medically able to drive home; however, we recommend that you bring a driver. If the surgery site is near your eye, or any other location that would interfere with safe driving practices, we do request that you bring a driver.**
- 9. In order to perform proper wound care in the postoperative period, you will need bandage changes, which require bandage materials.** There are materials available in our office for a nominal fee of \$8.00 - \$15.00.
- 10. The timing of suture removal depends largely upon the location of your procedure and your subsequent reconstructive procedure.** Typically, sutures on the face are allowed to remain in place for 5-7 days, trunk & arms 14 days, and legs & scalp up to 21 days. You will need to plan to come back to the office to have these sutures removed. To reduce the appearance of scarring, sutures **MUST** be removed punctually. For that reason, it is unwise to schedule a lengthy trip or vacation immediately following your surgery. We will make every effort to minimize the number of return visits you will need to make. After the sutures are removed, a typical follow up visit will be scheduled 6-12 weeks later, to make note of how you are healing. At that time, in most cases, you are returned to the care of your referring provider.
- 11. Your physical limitations following surgery are unpredictable.** Your ability to return to your normal activities depends largely upon the size, location, and complexity of your surgical site, and type of skin cancer. We will answer every question regarding post-operative activities on the day of your surgery.
- 12. If you have a question about your bill, please contact our billing department at (919) 442-2414.**

I understand that you are probably anxious regarding your upcoming surgical appointment. I hope that this information will help to ease any anxiety and properly prepare you for your surgical visit. My staff and I are dedicated to provide you with the most current and safe surgical treatment for your skin cancer. If you have any suggestions to improve your visit with us, please do not hesitate to mention these suggestions to my staff or to me personally.

Feel free to ask questions before, during, and/or after your visit. My staff and I are happy to work with you in order to ensure a smooth and successful outcome.

- *Beth Goldstein, MD*

RISK OF SKIN SURGERY

Risks of excisional surgery of the skin include but are not limited to the following:

- **Recurrence** of the tumor at a later time. This is rare, but possible.
- **Infection** at the surgery site; sometimes antibiotics may be required.
- **Bleeding** at the surgery site.
- **Fainting** – Please notify us if you tend to faint.
- **Damage to sensory nerves** – this type of damage is common with skin surgery and can cause a change in the feeling or sensation at, and sometimes around, the surgery site. This is due to damage to sensory nerves. This sensory change often occurs, but usually resolves over a period of a few months. Sometimes this sensory change can be permanent with numbness and/or tingling.
- **Damage to motor nerves** – this type of damage is rare. Motor nerve damage, if it occurs, is usually permanent. This would mean that you would lose the ability to move specific muscles. Usually facial muscles are involved. The most common motor nerves at risk are the ones that raise the eyebrow and the one that curls your lower lip. Ability to shrug the shoulders is rarely at risk if the tumor is located on the back or side of the neck.
- **Scarring** – there is always a scar with any type of surgery. The size of the scar is dependent on the size of the tumor. Sometimes scars can be raised (hypertrophic) or keloids can form. Much of this risk is dependent on the site of the surgery and your skin type. Occasionally, a second procedure is needed to improve the appearance of a scar.
- **Necrosis (loss of surgical repair)** – this is most likely if your surgical repair includes a flap or graft.
- **Opening of the simple repair** is also possible post operatively. Smoking makes this more likely.
- **Allergic reaction** – there is always a small risk of an allergic reaction to any medication; including the local anesthesia you will receive. Please let the doctor know if you have any known allergic reactions. These reactions can be severe, even causing death in rare instances.

Postoperative Wound Care Instructions

WOUND CARE

Clean wound: once daily twice daily

You will need:



Paper Tape



Q-Tips



Hydrogen Peroxide



Gauze



Unopened Vaseline



Non-Stick Bandage or Tefla

Layers of Bandage on Skin



1 Wash Hands



2

Mix 1 part hydrogen peroxide to 9 parts water



3

Soak Q-Tip in mixture, roll across wound removing crust



4

Blot with dry gauze



5

Apply generous layer of Vaseline



6

Apply paper tape on top of non-stick bandage



COMPLICATIONS



Redness, warmth, pain, swelling or a **FEVER** over **101° F**, contact us

Try **PAPER TAPE** even if not allergic to adhesives



If **BLEEDING**, apply pressure for **15 minute**. Set a timer. No peeking! If bleeding continues, contact us



NO heavy lifting, bending, or stooping

RESTRICTIONS

Keep **INITIAL** dry dressing in place for: 24 hours 48 hours

If wound is on **FACE**, don't bend over or bend below the knee

RECOMMENDATIONS



Take acetaminophen (Tylenol) for pain, avoid aspirin, Ibuprofen (Advil, Motrin), and naproxen (Aleve) for first 24-48 hours



Apply ice to wound for 20 minutes on and 20 minutes off for first day to reduce swelling

During office hours call (919) 401-1994

After office hours, the answering service will contact physician on call

2238 Nelson Highway, Suite 100
Chapel Hill, NC 27517
(919) 401-1994

508 Carthage Street
Sanford, NC 27330
(919) 776-5286

110 Preston Executive Drive
Suite 108, Cary, NC 27513
(919) 653-1344

****Caution: Your GPS may not find this address****

Driving Directions to Central Dermatology Center-Chapel Hill Office

2238 Nelson Highway, Suite 100
Chapel Hill, NC 27517
(919)401-1994

****Alternative GPS address- 100 Celeste Circle, Chapel Hill, NC 27517****

FROM RALEIGH/CARY/RTP

Take I-40 West to Exit 273A to merge onto NC Hwy 54W toward Chapel Hill. Stay in the far right lane on the cloverleaf exit ramp. Once on Highway 54, pass through 2 stoplights (the second of which is Farrington Rd.) After passing through the 2nd stoplight, take the first right. Take an immediate right turn on to Nelson Highway. Central Dermatology is in the first building on the left. Please check in at Suite 100, the first door on the left.

FROM HILLSBOROUGH/MEBANE/GREENSBORO

Take I-40 East to Exit 273. At the end of the exit ramp, take a right at the light. After passing through the stoplight, which is Farrington Road, take the first right. Take an immediate right turn on to Nelson Highway. Central Dermatology is in the first building on the left. Please check in at Suite 100, the door farthest to the left.

FROM SANFORD/PITTSBORO

Take Highway 15-501 North toward Chapel Hill. Take the exit for 15-501 and 54 East TOGETHER toward Raleigh. After less than a mile, take a second exit for 54 East. You will pass the Friday Center on the right and the Meadowmont development on your left. At the Huntingridge Road stoplight, take a left. Take an immediate right onto Nelson Highway at the stop sign. Continue through the first stop sign on Nelson Highway, and Central Dermatology is in the first building on the left. Please check in at Suite 100, the door farthest to the left. If you pass Hardees or cross I-40, you have gone too far.

FROM SILER CITY

Take 64 East to Highway 15-501 North toward Chapel Hill. Take the exit for 15-501 North and 54 East TOGETHER toward Raleigh. After less than a mile, take a second exit for 54 East. You will pass the Friday Center on the right and the Meadowmont development on your left. At the Huntingridge Road stoplight, take a left. Take an immediate right onto Nelson Highway at the stop sign. Continue through the first stop sign on Nelson Highway. Central Dermatology is in the first building on the left. Please check in at Suite 100, the first door on the left. If you pass Hardees or cross I-40, you have gone too far.

FROM THE PINEHURST AREA

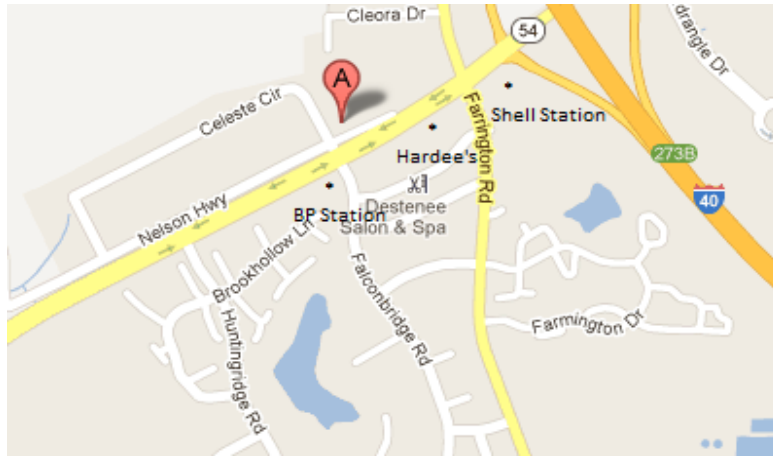
Take US 1 North toward Sanford. In Sanford, take US 15-501 North toward Chapel Hill. Take the exit for 15-501 & 54 East TOGETHER toward Raleigh. After less than a mile, take the second exit for 54 East. You will pass the Friday Center on the right and the Meadowmont development on your left. At the Huntingridge Road stoplight, take a left. Take an immediate right onto Nelson Highway at the stop sign. Continue through the first stop sign on Nelson Highway. Central Dermatology is the first building on the left. Please check in at Suite 100, the first door on the left. If you pass Hardees or cross I-40, you have gone too far.

FROM I-85 IN NORTHERN DURHAM/CREEDMOOR/BUTNER

Take I-85 South to Highway 15-501 South. On Highway 15-501 South, merge onto I-40 East. Take exit 273 and at the light at the end of the exit ramp, turn right. Pass through the Farrington Road stoplight, and take the first right. Take an immediate right onto Nelson Highway. Central Dermatology is in the first building on the left. Please check in at Suite 100, the first door on the left.

FROM FAYETTEVILLE

Take I-95 North until exit 81, where you will merge onto I-40 West toward Raleigh. From I-40, take exit 273A for 54 West toward Chapel Hill. Stay in the far right lane as you exit on the cloverleaf. Pass through two traffic lights (the 2nd light is at Farrington Rd), and you will see a Hardees on the left. Take the first right after the Farrington Road traffic light, and take an immediate right onto Nelson Highway. Central Dermatology is in the first building on the left. Please check in at Suite 100, the first door on the left.



Central Dermatology Center (Chapel Hill location)

Driving Directions to Central Dermatology Center-Sanford Office; 1210 Central Drive

FROM PITTSBORO/Durham

Take US-15 S/US-501 S/US-64 Business South toward East St. Continue to follow US-15/US-501 FOR 13.0 mi. At the traffic circle, take the 2nd exit and stay on US-15 S/US-501 S. Use the right lane to take the ramp and merge onto 87 S/US-15 S/US-1501 S. Take the NC42 exit toward Asheboro. Turn left on NC42E/Wicker St. Turn right on Carthage, left on Fields, left onto Central Drive. Destination is on the right.

FROM RALEIGH

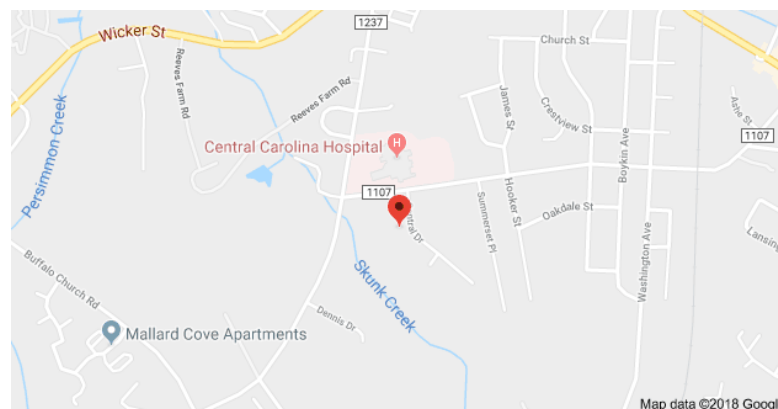
Take I-40 W toward I-440 N. Take Exit 293 for I-440E/US-1 S (0.9 miles). Keep left at the fork, follow signs for Buck Jones Rd/Crossroads Blvd. Keep left, follow signs for US-64 W/US1 S and merge onto US-1 S/US-64 W for 33.1 miles. Take the NC42 exit toward Asheboro. Turn left on NC42E/Wicker St. Turn right on Carthage, left on Fields, left onto Central Drive. Destination is on the right.

FROM FAYETTEVILLE

Follow NC-87 N to Bragg Blvd. Continue to follow NC-87 N which becomes Horner Blvd. Turn left onto Fields Drive, then left onto Central Drive. Destination is on the right.

FROM PINEHURST

Take US-15 N/US-501 N (21.0 mi). Turn left onto U.S. 1 N/US-15 N/US-501 N (4.6 mi). Take the NC 42 exit toward US-1 BUS/ Asheboro/Fuquay -Varina (0.3 mi). Keep right at the fork, follow signs for NC 42 E and merge onto Wicker St/NC 42 E (1.0 mi). Turn right onto Carthage, left on Fields, right on Central Drive. Destination is on the right.



Central Dermatology Center (Sanford location)