



Pre-Procedure Instructions

1. **STOP all pain medicines 7 days** before procedure. (No Advil, Aspirin, Aleve, etc.) Tylenol is ok. Others may cause excessive bleeding during or after surgery.
2. If you are on aspirin because of a heart condition, history of stroke, or problem with blood clotting, please consult your prescribing doctor before stopping the aspirin.
3. If you have any joint replacements, you may need antibiotics beforehand. Please inform us.
4. **STOP** fish oil supplements, omega 3's, garlic, turmeric, and vitamin E **14 days** before surgery.
5. Please shave the surgical area 4 inches (except scalp) 1-2 days prior to surgery.
6. Eat a **light meal** prior to your procedure.
7. Avoid **alcohol beverages** for 48 hours prior.
8. Please **do not** wear **makeup** on area being treated.
9. SkinMedica Scar Gel is available at the office. Please check with us if wanting to use something different on your scar.



Post-Procedure Instructions

1. Keep dry for 24 hours then remove the bandage tomorrow.
2. Gently clean with soap and water, do not use hydrogen peroxide.
3. Keep wound moist with Vaseline/Aquaphor/Polysporin ointment and covered with bandage for 10 days.
4. Do not allow to dry out and form a scab. Scant redness around site ok.
5. Avoid alcohol beverages for 48 hours after surgery.
6. If bleeding occurs, hold steady pressure for 10 minutes.

We send our pathology to board-certified dermatopathologists that are part of our group, Dallas Associated Dermatologists Pathology. You may receive 2 separate bills due to how insurance is processed. Pathology questions should be directed to the number listed on that particular invoice.

Benign results will be posted to patient portal.

Southlake.ema.md

Your username will be:

- Capitalized first letter of your first name
- Lowercase first letter of your last name
- Six-digit birthdate

Password: _____