

SURGICAL EXCISION

Surgical excision is a procedure to remove different types of lesions from the skin. These lesions may be benign (non-cancerous) growths such as cysts; malignant (cancerous) growths such as basal cell carcinoma (BCC), squamous cell carcinoma (SCC), or melanoma; or growths with concerning features, such as abnormal moles.

The procedure is performed by injecting the skin with anesthetics (medications to numb the skin). The visible lesion is removed. A margin of normal skin may also be removed, depending on the type of lesion. In most cases, skin from both sides of the lesion is also removed. This allows the skin to lay flat once sutures (stitches) are placed. The result is a scar that is 2 to 3 times longer than the diameter of the lesion.



Sutures will need to be removed 1-2 weeks after surgery, depending on the surgery site (usually 1 week on the face and ears or 2 weeks on the scalp, neck, body, arms, and legs). When sutures are in place, you should do minimal lifting (no more than 25 pounds), straining, or exercise and also continue to do so for 1 week after sutures are removed.

After the area has healed, there will be a visible scar.

Please inform us if you:

- ◆ **Take aspirin, aspirin-containing medication, ibuprofen (Motrin, Advil, Nuprin, Aleve, or Medipren), or vitamin E.** If you are taking aspirin because of a heart attack or stroke, or if you have a heart stent, you may continue aspirin. If aspirin is being taken for preventative reasons, stop this medication 5 to 7 days prior to surgery if permitted by your primary care provider. You may take acetaminophen (Tylenol) for any aches and pains prior to surgery.
- ◆ **Take other blood thinners, such as warfarin (Coumadin) or clopidogrel (Plavix).** If taking warfarin (Coumadin), your INR (blood test for Coumadin) should be between 2 to 3. Contact the clinic if your INR is greater than 3 before your surgery.
- ◆ **Have a pacemaker, defibrillator, artificial valves or joints.**
- ◆ **Take an antibiotic prior to dental work** (or require antibiotic prophylaxis).
- ◆ **Have an allergy to lidocaine, marcaine, or epinephrine** (anesthetics used in surgery).
- ◆ **Have viruses, such as HIV or hepatitis B or C.**

Please call the clinic if you have any questions. We look forward to seeing you soon.